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{pages 14-15}



TIMELESS GLAMOUR

RING IN THE BLING FOR THE HOLIDAYS STYLE

{page 32}



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JOHN ULAN/THE CANADIAN PRESS

Wild beat Oilers in shootout

Kyle Brodziak scored in regulation and added the winner in the penalty shootout yesterday as the Wild moved to first place in the standings with a 3-2 victory over the Oilers. More, page 42.

Ruling fuels DUI-law dissent

► The B.C. Supreme Court takes issue with a provision of legislation similar to a proposed measure in Alberta

Some legal and hospitality industry representatives believe Alberta's new impaired-driving legislation is on the rocks following a B.C. court ruling yesterday against similar measures in that province.

Justice Jon Sigurdson deemed B.C.'s new laws, introduced last year, unconstitutional because they allow police to slap an automatic 90-day driving suspension on a motorist who provides a blood-alcohol reading over .08.

New measures in Alberta being debated in the legislature take that penalty further, allowing for the suspension of a driver until the matter has been resolved in court.

Alberta defence lawyer Ian Savage said the measures will create an environment where some charged drivers suffer for years before actually coming to trial.

"They have gone, in my opinion, way over the top unconstitutionally by infringing on a person's rights to defend themselves by way of trial," he said.

Sigurdson's ruling did not seem

to shake Alberta Justice Minister Verlyn Olson when reporters questioned him yesterday.

"As far as I know, any problems that were identified by the court in B.C. don't touch on our legislation, and we feel as though in fact it probably supports our legislation," he said.

Although government officials have said it could take three to four months before the new laws are actually enforced on Alberta streets, he and fellow defence lawyers have begun meeting to discuss legal challenges against the measures.

Others within Alberta's hospitality industry maintained yesterday that they support legislative measures against repeat and chronic impaired offenders, but urged the province to pump the brakes on its current proposal.

"It's not even being put to a free vote," said Mike Yasinski, president of Hudsons Canadian Hospitality, which owns seven Alberta establishments. "It appears this

DUI facts

- Defence lawyer Ian Savage said many of his impaired driving cases wait 10 to 18 months before first being heard in court. Full proceedings can span two to three years.
- The Alberta impaired driving legislation being debated also grants the power to suspend a driver for three days if they provide a blood-alcohol reading between .05 and .08. The B.C. Supreme Court's ruling released yesterday did not take issue with the exact same measure introduced there last year.
- Alberta Justice Minister Verlyn Olson said yesterday his government is still committed to using the Criminal Code to prosecute motorists that provide a blood-alcohol reading over .08.

bill is just being rammed right through.... At the end of the day, good legislation takes time."

● JEREMY NOLAIS/WITH FILES FROM THE CANADIAN PRESS



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By the numbers**54%**

The city operating budget relies on property taxes for 54 per cent of its revenue. Other sources include fines, permits, investment earnings, grants and user fees.

\$15

The cost of a replacement licence tag for a pet could rise 114 per cent to \$15; licences for spayed and neutered pets would rise only slightly.

21.1%

Single youth admission at the Muttart Conservatory is pegged to go up 21.1 per cent, hiking the price to \$10.60 from \$8.75.

\$105

U-Passes at post-secondary institutions could rise 12 per cent to 13.6 per cent, costing between \$105 and \$117.60.

4.5%

City staff have proposed a 4.5 per cent tax hike — three per cent for city services and 1.5 per cent for neighbourhood renewal — that would cost the average Edmonton homeowner \$77 extra next year.



HEATHER MCINTYRE/METRO

► Some proposed user fee and licence hikes in Edmonton's draft 2012 operating budget could cost you just a few coins if approved, while others could cost you a few bills.

'Triple whammy' of fee hikes down the pike: Councillor

► City councillor questions need for some proposed fee hikes ► Revenue from fees, property taxes needed to help balance operating budget: City



HEATHER MCINTYRE
@METRONEWS.CA

Rising user fees are "the story behind the budget," Coun. Kerry Diotte says.

More than 500 fees and licences are listed in Edmonton's proposed 2012 operating budget, and some of them are slated to increase.

"In some cases it's nickel-and-diming and in others it's highway robbery," Diotte said yesterday. "It's

not very creative."

In a November release, the city said "the costs for city services and programs are increasing more than the city's limited revenue," and so "the city has to increase the few revenue streams in our control such as taxes and user fees."

But Diotte would like to see some of them challenged.

"For example, pawnshop licences are going up," he said. "I'd be pretty

upset if my business licence went up 110 per cent to \$416.

"And that's just one of many increases here."

Other hikes include admission to the Valley Zoo, rec-centre passes, pet-licence tags and more.

"When you combine the tax increase, which is looking like it could be 5.5 per cent ... and a huge increase in utility fees, then you combine the user fees, it's a triple whammy," Diotte said.

Budget debate

- The proposed 2012 operating budget totals \$1.86 billion, with cuts including city jobs, transit hours, alley cleaning, litter removal and flower planting.
- The 2012-14 capital budget totals \$2.3 billion, but was \$139 million over-budget as of Tuesday.
- First up for debate next week is the utility budget, on Monday.

1

news



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On the web at metronews.ca

We'll always have Movember: MPs put aside partisan differences to model their charity moustaches. Video at metronews.ca

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Free inventory snatched up

► Advertising agency promotes new name with Free Store event ► Goal was to prove power behind word 'free'



HEATHER MCINTYRE
@METRONEWS.CA

Whether they needed T-shirts, bags, chairs and clocks, they came for them. Because they were free.

A local advertising agency set out yesterday to prove the word "free" is the most powerful in the world by opening a pop-up Free Store at Edmonton City Centre.

The idea was to "give consumers something rather than selling them something," said Michael Brechtel, director of strate-

800

The number of items that were up for grabs at one per customer when it opened at 10 a.m.

gy for Free, formerly known as McRobbie Opta-media.

And the agency thinks it worked, as no one asked any questions — except media, said Brechtel.

"It's free stuff!" exclaimed Klarrisa Mackay.

"Nothing wrong with that," added Sam Knox.

"People think it's too good to be true — why ask?"

As for whether the agency will do it again, Brechtel didn't think so.

"I think the exciting thing about it is that it's unique," he said. "We would find something else unique, something different."

Darryl Vogler and Andrea Ewanchuk exited the store with matching chairs.

When asked if it was what he was looking to get when he lined up, Vogler shrugged.

"I don't think anybody knew what they were coming for," he said.

Slain man a 'kind and warm-hearted guy'

SHELLEY WILLIAMSON
@METRONEWS.CA

Friends of a man who died after being stabbed and shot on Tuesday remember him most for his unwavering smile and kindness.

Fatima Saqqa met Ashneil Singh at M.E. Lazerte High School and recalls he was always sporting an ear-to-ear grin — even after he'd been in an accident.

"He was smiling. Can you believe that? Smiling. His heart was so pure and kind," said Saqqa.

Justin Wehnan spoke to Singh last Friday when the pair vowed to get together soon.

He said he'll always remember the 21-year-old's "positive vibes which would rub off on those around him."

Police are calling



Singh's death a homicide.

Singh called for help Tuesday afternoon from an abandoned farm at 170 Street and 21 Avenue, and officers tracked him using his cell signal.

He died in hospital.

For more local news visit metronews.ca/edmonton

What is known

- 1 Ashneil Ajit Singh, 21, is the city's 44th homicide victim of 2011
- 2 EPS is asking anyone who saw Singh or the white 2003 Infinity G35 he was driving to contact Crime Stoppers at 1-800-222-TIPS or police at 780-423-4567.
- 3 Police are also asking those living near 170 Street and 21 Avenue to check backyards for tire marks, blood and bullet casings. EPS warns not to touch anything, but call police.
- 4 Singh's funeral is planned for Saturday, according to a Facebook page made in his honour.

Politicians' pay to be reviewed

Former Supreme Court judge John Major will helm the probe of Alberta's politicians' pay and perks.

Speaker Ken Kowalski appointed Major for the review, which is expected to take up to four months.

● METRO

Work thoughts never far

Albertans find it tough to pack away thoughts of work even on vacation, revealed a 2011 Expedia survey.

Sixty-four per cent of Alberta workers said they check in at the office while on holidays by email or voicemail.

● METRO

Power rates to surge 46 per cent

Citing power plant failures and higher electricity use, EPCOR warned yesterday a rate hike will increase regulated rate option customers' power bills by \$25 on average.

The December electricity rate rises to 13.3 cents per kilowatt hour.

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Vulnerable women helped by CAT teams

► Police, partners focusing on perpetrators of violence and their victims: Advocate ► Outreach workers connecting with women and 'planting the seed' that help is available

SHELLEY WILLIAMSON/METRO



SHELLEY WILLIAMSON
@METRONEWS.CA

As boots hit the streets for EPS' fourth Community Action Plan deployment yesterday, one women's advocate stressed the merits of the deployments — not just arresting bad guys, but also reaching out to the city's vulnerable.

Among those are women, said Kate Quinn, executive director of Edmonton's Centre to End All Sexual Exploitation (CEASE).

"The positive impact is that several outreach workers, victim service advocates have gone out as part of the CAT and they put that friendly understanding face to the whole picture," said Quinn.

CAT sweeps have helped women into detox, housing and resources such as legal help.

"Sometimes it's just planting that seed. We've had calls a week later," explained Quinn.

"The fact that the connection is made begins to create that safety."



► Kate Quinn speaks earlier this year after \$645,000 was pledged from the province for a Night Safety Centre to give women a safe place to go after dark.

The cycle of violence against women is twopronged, said Quinn.

"Some men feel they can do absolutely anything to a vulnerable street-involved woman. Degrading horrific acts, including murder," she explained.

Homelessness also contributes, as does fear of asking for help, said Quinn.

"If you have no safe place to stay, you are at risk of violence."

The victims

► Most vulnerable women on Edmonton's streets fall into the 18 to 30 age category, while there is also a small group of women aged 35 to 50.

► In the past 30 years, 33 vulnerable women have been murdered in Edmonton, while many more have gone missing or have died of unconfirmed causes.

Turkey. Dinner



► Shanara L'Hirondelle-Supernault, 5, is all smiles as mom Trina L'Hirondelle feeds baby brother Kashton some turkey and all the trimmings yesterday at the annual Community Christmas dinner.

SHELLEY WILLIAMSON/METRO

Early Christmas for Salvation Army

Fifty volunteers pitched in to serve more than 1,000 who came out for the free feast.

Infant remains found in landfill

Alberta Mounties have found human remains in a landfill after a five-day search for a newborn baby.

RCMP Sgt. Patrick Webb says officers had been searching the landfill on the Saskatchewan side of Lloydminster, a city that straddles the Al-

berta-Saskatchewan boundary, since Friday.

Webb says police got a 911 call on Nov. 19 about a Lloydminster-area woman experiencing medical difficulties after giving birth and the newborn being unaccounted for.

He says about 30 offi-

cers found the search to be physically and emotionally difficult given what they were looking for.

The remains were taken to a medical examiner's office for an autopsy. No charges have been laid.

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► Const. Philippe Aube of Summerlea Station checks for exposed valuables in cars parked at West Edmonton Mall yesterday.

CAR THEFTS

Don't give an opportunity to window shop

How many times have you left your loose change, iPod or cellphone on the passenger seat when you leave your car?

The Edmonton Police Service says thieves are watching — and window shopping — and according to Const. Philippe Aube, it's a pattern that repeats itself every year. "Thefts from vehicles

happen fast, at any time of day and anywhere, but mall parking lots are a prime target during the holiday season," he said, pointing to electronics, shopping bags and loose change as top items stolen from cars. "It's a simple thing — keep your valuables with you."

Some are getting the message, as EPS reported an overall 25 per cent drop in theft from cars this year over last.

To that end, EPS and the Alberta Motor Association are giving out free vehicle placards that say All Valuables Removed at West Edmonton Mall today.

● LUCY HAINES

Message to men: Put an end to domestic violence

- Mayor holds 7th annual fundraising and awareness event
- Focus on engaging men on healthy relationships, respect, gender equality



► Arlene Dickinson, CEO of Venture Communications and co-star of CBC's Dragons' Den, at Mayor Stephen Mandel's Breakfast with the Guys yesterday.

LUCY HAINES
EDMONTON@METRONEWS.CA

Domestic violence happens everywhere, in families of all incomes: in other words, it's everyone's problem.

Mayor Stephen Mandel told the male-filled room of Edmonton's business and community leaders at his annual Breakfast with the Guys yesterday at the Shaw Conference Centre, that awareness and understanding of the depth of the problem is vital.

"We want men to leave here, go to their office and think about how they talk to and treat their sons — we need to find empathy and not shun these men from society," he said.

Jan Reimer, provincial

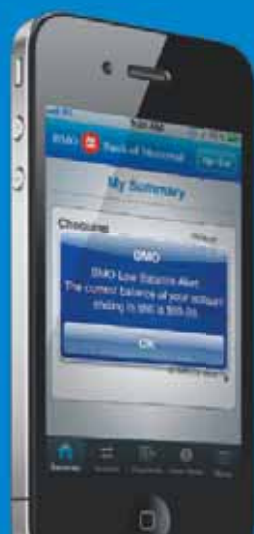
Statistics

- The Alberta Council of Women's Shelters provides education, research and services for abused women and their children.
- Every day, 31 abused women and children seek refuge in Alberta's shelters.

co-ordinator of the Alberta Council of Women's Shelters, said the breakfast is a premier event of the year, resonating with men who often feel helpless about domestic violence.

"We know what solidarity can accomplish," she said. "Men talk to each other — that can be the start of the process."

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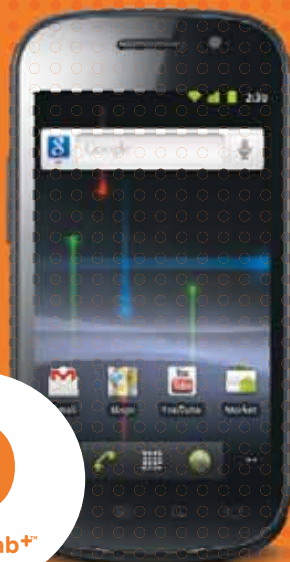


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News in brief

Reserve loses control of cash

CRISIS. The federal government is taking control of public funding out of the hands of a Northern Ontario reserve grappling with a severe housing shortage.

Aboriginal Affairs Minister John Duncan says he's also ordering an audit to find out where \$90 million in federal money spent in Attawapiskat has gone over the last five years.

THE CANADIAN PRESS

42 dogs freed at puppy mill

CITIZEN'S TIP. Officials say 42 dogs have been rescued from a puppy mill in a community east of Woodstock, Ont., after an anonymous tip.

The Ontario SPCA says dogs were found living in houses too small for them in Creditville.

Dogs were tied to walls with very short leashes or left outside with no shelter.

THE CANADIAN PRESS

Teen charged in BBQ dine and dash

FOOD'S UP. A Halifax teen was apparently in need of a hearty meal when he allegedly broke into a home early yesterday and fired up the grill.

Police say a Fairview resident awoke to flames near his garage.

He discovered the barbecue and burning ribs stolen from a freezer in his garage.

An 18-year-old was found hiding nearby. He faces charges including break and enter, theft, possession of stolen property and carrying a concealed weapon. ● METRO

Was she a loving spy?

► Were Tories asleep at the wheel? ► Ex-China spy says they erred over MP's relations with Chinese scribe

A defector from China's spy service has sent a security warning to Ottawa.

Li Fengzhi says the Conservatives should have been more concerned when one of their MPs was exposed having a relationship with a reporter for China's state news agency.

Li, a former agent with China's Ministry of State Security, says politicians such as Foreign Affairs parliamentary secretary Bob Dechert are a top target of Chinese spies.

Dechert's affair with Toronto-based Xinhua reporter Shi Rong was revealed when someone hijacked her e-mail account and forwarded intimate messages she received from the Mississauga politician last year. The leak was traced back



► Xinhua reporter Shi Rong received flirty emails from MP Bob Dechert.

to an apparent domestic dispute with her husband.

Li said it's not possible to say with certainty that Shi sent intelligence back to Beijing, but the act of striking up a relationship with an elected official fits

the modus operandi of Chinese spies.

"That's the normal way to get the job done," said Li.

He defected to the U.S. in 2003 and is now believed to be working for

Love and risks

► Despite his declarations of "love" for the reporter, the married Dechert said that their relationship was merely "flirtatious."

► Shi was called back to China when the relationship hit the news. And that is just another reason to be suspicious, Li Fengzhi said.

► "If the lady was called back to China very soon, I think it's possible she has some relationship with the security services — even if she's not an official agent of the Chinese security services," he said.

the Central Intelligence Agency. He was speaking to a high-level Quebec conference on espionage through video link. For security reasons, his location was not disclosed.

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McGuinty tables anti-bullying bill

► Quebec teen's suicide fuels discussion over issue ► Ontario schools may be able to permanently expel bullies

A flip comment made on Facebook several weeks ago cut chillingly to the heart of a debate on bullying raging yesterday in Canada.

"Suspended 5 days! aha-haha! Not bad," the teenaged alleged aggressor of Quebec schoolgirl Marjorie Raymond wrote on Facebook on Nov. 1, apparently unperturbed by the penalty handed down by her school.

Within a month, Raymond had killed herself.

Cases like this one were the inspiration behind legislation tabled yesterday in Ontario. Following other high-profile teen suicides in that province, the McGuinty government introduced a bill that would allow schools to permanently expel students for bullying.

The Facebook post was one of several referring to

the teen's run-ins with Raymond, who became severely depressed over the torment she faced at school.

When Raymond committed suicide, someone posted on the other girl's page: "You must be proud of yourself with a death on your conscience. ... Pathetic."

Raymond's death sparked outrage in Quebec

yesterday, grabbing headlines and sparking debate in the provincial legislature. Premier Jean Charest said he was saddened to hear of Raymond's suicide and expressed his sympathies to her family.

"When these sad events happen, of course, we all ask ourselves if there are things we can do differently to avoid them," Charest told reporters.

Raymond took her own life on Nov. 28, telling her mother in a suicide note that she couldn't endure the physical and psychological abuse any longer.

The bullying had apparently been going on for three years and Raymond said in a suicide note made public by her mother that, "it's the fault of jealous people who want to wreck our happiness." **THE CANADIAN PRESS**

JACQUES BOISSINOT/THE CANADIAN PRESS



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➤ AIDS was the major domestic public-health crisis of the '80s and '90s ➤ More recently, as medical research has provided longer and better lives to sufferers, the disease is no longer seen in this country as a certain death sentence ➤ Today, World AIDS Day, Metro takes stock of how far — and in what direction — we've come

HIV up among women, youth

World AIDS Day '11



Men may make up the largest group of new HIV infections in Canada, but recent findings point to new demographics whose infection rates are on the rise: youth and women.

Thirty per cent of females diagnosed with HIV are between the ages of 15-19, up 16 per cent from 1996, says a report by the Public Health Agency in Canada.

Since 1985, youth between the ages of 15-29 have accounted for 26.5 per cent of new HIV cases.

These numbers prompted the Canadian AIDS Society to launch a month-long awareness campaign, called Get Out And Do Something, which targets youth.

"It was designed for youth because we are seeing a complacency," said Monique Doolittle-Ramas, executive director of the Canadian AIDS Society.

"(Many youth) actually thought the (AIDS) treat-



"If there's prior communication about it, I don't think so. Because (social media) is an important tool to use for information as well."

ERIN THACKERAY, EDMONTON

ment was a cure."

She said part of the problem is that the issue isn't in their face. "You can't look at somebody and say, 'This person has HIV.' (But) it's in every community, every neighbourhood."

Doolittle-Ramas said many people don't realize that women represented 26 per cent of positive HIV tests in 2008.

Despite that, young girls

are often schooled to use condoms to prevent pregnancy and STIs but not necessarily HIV.

"We need to be comfortable having that discussion and I'm not sure we are," she said.

Andre Ceranto, a co-ordinator at AIDS Committee of Toronto (ACT), said some women are contracting the illness from their monogamous partners.

"Asking serious questions such as 'Have you been tested for HIV?' remains a taboo subject even in relationships," he said.

Dr. Even Wood, co-director of the Addiction and Urban Health Research Initiative at the B.C. Centre for Excellence in HIV/AIDS, says Canada's drug laws are fuelling an increase of HIV transmission among young women. "(Jail) ... drives vulnerable groups to the margins of society, where HIV is more likely to spread," he said.

Doolittle-Ramas said she doesn't think Canadians realize that 65,000 people in this country are living with HIV-AIDS.

● KENDRA WONG IN VANCOUVER

Distinction

➤ **HIV.** Human immunodeficiency virus is transmitted through sexual fluids or blood. The virus affects the immune system and inhibits its ability to fight off infection. HIV can develop into AIDS within an average of ten years.

➤ **AIDS.** Acquired immune deficiency syndrome is diagnosed when a person's white-blood-cell count drops below 200 (the average is between 600 and 1,200). The immune system becomes severely weakened and is no longer able to fight off infection.

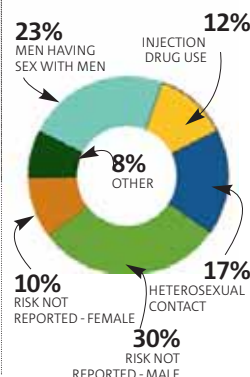
Edmonton

2009 (most current data)

- Ages 15 to 24: 9 new female diagnoses.
- Ages 15 to 24: 21 new male diagnoses.
- Ages 25 to 34: 26 new female diagnoses.
- Ages 25 to 34: 40 new

Risk analysis

Among those who have tested positive for HIV in Canada, the following behaviours were reported:



male diagnoses.

- In all of Alberta, total number of new diagnoses: 219.
- Year prior (2008) new cases: 232.
- Rob Poole, community education facilitator with HIV Edmonton, said, "We just want the numbers to keep going down."

SOURCE: 2009 HIV/AIDS STATISTICAL SUMMARY FOR ALBERTA

Your tweets

Are today's youth better or worse educated on HIV? Does online access influence that?

➤ @SueNDN: not educated enough!! talked to a public health nurse who said 5 diagnoses were made in one wk w teens and hiv :(

➤ SurviveNGrind courtney smith: @metrotoronto I find that the internet doesn't censor certain things and gives negative exposure to the youth, a lot of access to porn i.e

Does where people meet these days have any bearing on safe sex (stranger in a bar vs. a stranger online)?

➤ @Clj1965 : @metrohalifax both a bad idea

➤ @donnaleaelliott: @metrotoronto I think ppl think the internet dating scene is safe, some ppl talk for weeks b4 meeting in real life so they think it's safer.

➤ What has changed with regard to HIV-AIDS in the last 20 years? Perceptions, prevention or other? Let us know what you think!

➤ @Sarab28: Magic Johnson has the cure but he doesn't want to share.

➤ @daphtpunk: @metrotoronto I think perceptions, prevention, and awareness.. remember Degassi episode when scared to touch kid w/ HIV?

Giving pandemic a mainstream face



1985: Death of Rock Hudson

The '50s matinee idol's AIDS-related death in October 1985 was a seismic moment in the disease's history, prompting the public to rethink knee-jerk reactions that had characterized AIDS sufferers as deviants. Donations to research efforts flourished in the wake of the actor's death.



1991: Salt-N-Pepa "Let's Talk About Sex"/"Let's talk about AIDS"

S-n-P's mega-hit (and alternate version, which more directly addressed the pandemic) is a mark of AIDS' destigmatization in the mainstream. To the kids doing the running man to this track at middle-school dances, AIDS was everyone's problem, not just a gay problem.



1992: Magic's crusade

It would be hard to name an organization with more youth cachet circa 1991 than the NBA, and it would be even harder to name a man more widely loved than Magic Johnson. The HIV-positive superstar played on the Dream Team, stayed cool with Arsenio and has since proved that life after diagnosis can be long and rich.



1994: Tom Hanks wins Oscar for Philadelphia

Perhaps unsurprisingly it took almost 15 years for Hollywood to provide its mass audience with a sympathetic portrait of a well-to-do white man with AIDS. It's also instructive to consider how resolutely this narrative — that of the AIDS sufferer's stoic reckoning with a death sentence — has been abandoned.



2004: Team America: World Police

Cut to 10 years later: the South Park guys' score a hit with Everyone Has AIDS, a musical mockery of the solemnity of Rent, which debuted on Broadway in the mid-'90s. Back then, the song would have been seen as malicious; in the mid-aughts, tellingly, it was merely irreverent.

● METRO



To complete an online quiz and to read about the frontline battle in Peru against the killer disease, visit metronews.ca/AIDSday

For a full list of AIDS Day-related events across Canada, visit worldaids.ca



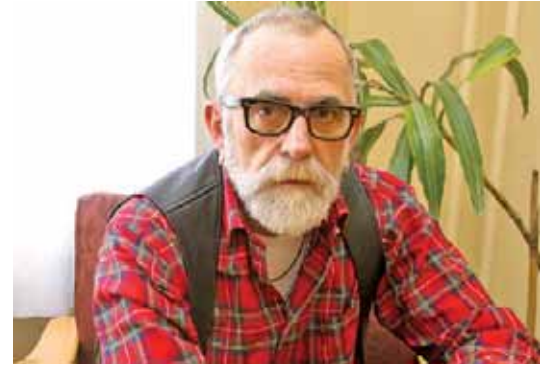
Bruce, 46. Born and raised in St. Catharines, Ont.

On the face of HIV: "It was considered a gay disease. (Now) it's all walks of life. It could be your cousin, it could be your grandmother."



Cindy, 43. Born and raised in Toronto.

On HIV in her life: "My best friend in the whole world — we didn't talk again because she wouldn't let me hold her baby when it was born.... It impacted all of my decisions."



James, 57. Born and raised in Cape Breton.

On his buying habits these days: "I went to ask my doctor, and he said, 'You're not going to die of AIDS, you'll die of old age.' So I went out and I bought the (photo) enlarger."

The Face of HIV in Canada

One was a paediatric nurse; another a tradeshow exhibitor; another a musician and actor. Some are straight, some gay, some educated professionals; another was a runaway who lived many early years on the streets. Together, they represent the face of HIV — diverse in gender, sexuality, profession and upbringing.

In the leadup to World AIDS Day, Metro visited Toronto's Casey House. Once considered a hospice for those with AIDS to go in their final days, it's now a growing outreach centre as people living with HIV are living longer than ever.

Here we share some of their stories and important messages in this new age of HIV treatment.

For more photos and full profiles, go to metronews.ca/AIDSday

TEXT EVA SALINAS PHOTOS CHRISTIAN PEÑA



Kenneth, 51. Born and raised in Hong Kong, moved to Winnipeg at 16 on a student visa.

On prejudice: "I was bullied once — they called me a chink. Now people judge me because I'm blind. We adapt."



Kevin, 48. Born and Raised on St. Joseph's Island, northern Ontario.

On medication: "You remember how fragile you are as a human being every time you pop those pills."



Tonie, 48. Born in Alberta but adopted by a family in the U.S., where she grew up.

On HIV: "I wouldn't wish this on anybody. I would wake up and think, 'What, am I going to die this year?'"

SEARCHING FOR THE POSITIVE IN BEING POSITIVE

MEMOIR

CHRISTOPHER WILSON
FOR METRO



July 2002: I was diagnosed as HIV-positive at age 28. I remember clearly when the nurse at the Hassle Free Clinic in Toronto asked me how I was feeling after he

spoke the words. I replied, "Shocked. Yeah, shocked." I knew that I had been with a positive partner in the past and that not all of our sexual practices had been safe. I had sincerely hoped not to keep a souvenir from that relationship.

I was terrified, and within an hour of leaving the clinic I found myself in the fetal position on a downtown sidewalk — in broad daylight — sobbing. Strangers stopped to see if I was all right, but their kind faces from that day remain

an emotional blur in my consciousness.

I eventually met my now ex-husband. He entered our relationship HIV-negative and remained so for the time we were together.

Four years ago, my doctor informed me that it was time to begin antiretroviral treatment. I became angry and resentful, not wanting to admit to myself that I would now be reliant on drugs to survive. I didn't take his advice and later contracted an AIDS-related form of pneumonia that

nearly killed me.

December 2012: I'm living vibrantly with HIV. The virus is certainly a part of my life, but it in no way defines who I am. I'm now divorced; my ex-husband could not ultimately negotiate this "thing" living inside of me.

I date casually, though I occasionally struggle with disclosure issues and potential rejection with HIV-negative men. But, in all honesty, I walk each day with the intention of finding the positive in being

positive.

Living with HIV can certainly be complicated, but I have learned that even the most seemingly insurmountable obstacles can be overcome. Yes, there have been health casualties and relationship losses along the way. But there has also been a great deal of strength and insight that I have learned from my journey.

Ultimately, HIV and its presence in my life, has led me to a much deeper and richer understanding of

myself and the world in which I live.

Christopher Wilson is the writer-composer of the new musical drama Living With Henry, which explores his life experiences and seeks to educate, inform and inspire others. It premiered at this year's Toronto Fringe Festival. A new production will be staged at the Next Stage Festival from Jan. 4-15 at the Factory Theatre Main-space. livingwithhenry.com

► British police officers stand guard outside the Iranian Embassy in London yesterday. Britain's foreign secretary ordered Iranian diplomats out of the U.K. following attacks on the British embassy and a residential compound in Tehran.



IRAN'S DIPLOMATS BOOTED

Britain yesterday ordered Iran to remove all its diplomats from the U.K. within 48 hours following attacks on its embassy and a residential compound in Tehran — one of the most significant diplomatic retaliations against Iran since the 1979 U.S. embassy crisis.

Foreign Secretary William Hague told the House of Commons that Britain had also withdrawn its entire

diplomatic staff from Iran after angry mobs hauled down Union Jack flags, torched a vehicle and tossed looted documents through windows.

The rare move to kick out a country's entire diplomatic corps marks a significant souring of ties between Iran and the West, amid deepening suspicions over Tehran's pursuit of nuclear weapons.

THE ASSOCIATED PRESS

Outrage floods Britain

► Country's largest strike in over 3 decades ► 2M public-sector staff stop working ► State-run schools close ► Non-urgent hospital operations halted

Paramedics, emergency crews, teachers and even some employees from the prime minister's office took to the streets of Britain for the country's largest strike in decades — drawing attention to government cuts but failing to bring the nation to a standstill.

Public sector employees staged the one-day walkout Wednesday over government demands that they work longer before receiving a pension and pay more in monthly contributions, part of austerity measures to tackle Britain's \$1.5 trillion debt.

The strike came a day after the government announced that public sector pay raises will be limited to 1 per cent through 2014 — even as inflation now runs about 5 per cent.



► An anti-corporate protester dressed as a police officer mocks real British police officers in central London yesterday.

Prime Minister David Cameron defended the government's stance in Parliament, insisting that "as people live longer it's only right and only fair that you should make greater contributions."

"I don't want to see any strikes, I don't want to see schools closed, I don't want to see problems at our borders, but this government must make responsible decisions," Cameron told the House of Commons.

Treasury Chief George Osborne insists public pensions must be reformed. A government report suggests the gap between contributions and payments could rise to \$14 billion by 2015. THE ASSOCIATED PRESS



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U.S. gets bad rep on climate talks

► Non-profits stress urgency of finding solution to climate change ► Remind Clinton of Obama's presidential pledges

Leading American environmentalists complained to Secretary of State Hillary Rodham Clinton that her negotiators at UN climate talks risked portraying the U.S. as an obstacle to fighting global warming because of its perceived foot-dragging on key issues.

Separately, European delegates and the head of the African bloc at the 192-party talks on yesterday also denounced U.S. positions at the talks, which are seeking ways to curb the ever-expanding emissions of heat-trapping greenhouse gases.

"Developed countries as a whole are not taking climate change seriously as a global issue," Seyni Nafo, of

"This is a critical meeting, and we are rapidly running out of time to avert the worst impacts of climate change."

LETTER TO U.S. SECRETARY OF STATE HILLARY RODHAM CLINTON SIGNED BY THE CHIEF EXECUTIVES OF 16 MAJOR NON-PROFIT GROUPS

Mali, told The Associated Press. "Look at the U.S. We use and we welcome their leadership on democracy, on access to markets, on human rights issues. We would want to have the same leadership to tackle climate change, because for us in the developing world the biggest threat, the

biggest enemy, is climate change."

Discontent directed at Washington came as the UN's top climate scientist, Rajendra Pachauri, warned the conference's 15,000 participants that global warming is leading to human dangers and soaring financial costs, but that containing carbon emissions will have a host of benefits.

Although he gave no explicit deadlines, the head of the Intergovernmental Panel on Climate Change implied that the world only has a few years before the Earth is irreversibly damaged by accumulations of carbon in the atmosphere.

THE ASSOCIATED PRESS

Oil. Protest



► Indigenous people from Canada and South Africa demonstrate against the tarsands oil project on the outskirts of the city of Durban, South Africa, yesterday

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

Activists unite for climate cause

The UN's top climate scientist cautioned climate negotiators yesterday global warming is leading to human dangers and soaring financial costs, but containing carbon emissions will have a host of benefits.

Unlikely source of carbon

Massive amounts of greenhouse gases trapped below thawing permafrost will likely seep into the air over the next several decades, accelerating and amplifying global warming, scientists

warn. Those heat-trapping gases under the frozen Arctic ground may be a bigger factor in global warming than the cutting down of forests, and a scenario that climate scientists hadn't

3B tonnes of carbon will belch from thawing Earth from now until 2100, according to scientists.

quite accounted for. THE ASSOCIATED PRESS

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Teen feared she would be killed, court told

► Shafia trial resumes Monday with prosecution's last witness, a cultural expert on so-called honour killings

A Montreal teenager was convinced her Muslim parents would kill her if they found out she was dating, her drowning trial heard yesterday.

Still, Sahar Shafia, 17, took the risk because she felt so strongly about her boyfriend, Ricardo Ruano, his aunt Erma Diaz Medina testified.

"She told me she would be a dead woman if her parents learned she was going out with Ricardo," Medina told court.

Medina said Shafia was absolutely serious about the threat, and mentioned it in conversation several times.

Shafia and Ruano, who is now 23, began their relationship in early 2009 and it quickly grew intense.



► Sahar Shafia in a photo released by the court.

The couple even talked about getting married and going to his native Honduras to escape her family, which had immigrated from Afghanistan, court heard.

"She loved Ricardo," Medina told the seven-

woman, five-man jury.

"She told me that she would love him till death."

Two months after that conversation, Shafia was dead, her cellphone full of innocent-looking pictures of the doting couple.

Shafia, along with her two sisters Geeti, 13, and Zainab, 19, were found drowned along with their father's first wife, Rona Amir Mohammad, 52, on June 30, 2009, inside a car in a canal near Kingston, Ont.

Shafia's father, Afghan businessman Mohammad Shafia, 58, second wife, Tooba Yahya, 41, and their son Hamed, 20, have pleaded not guilty to first-degree murder in the deaths.

THE CANADIAN PRESS

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Shamed in 'his' jail

► Prison was named after ex-sheriff
► Now he's there in meth-sex case

A well-respected former Colorado sheriff was being held yesterday in the Patrick J. Sullivan Jr. Detention Facility in Arapahoe County.

His name: Patrick J. Sullivan Jr.

Sullivan, 68, was detained on a half-million-dollar bond in the jail named for him.

He is suspected of offering methamphetamine in exchange for sex from a male acquaintance.

Arapahoe County chief judge William Sylvester yesterday doubled Sullivan's bond. His attorney protested the increase because no charges have been filed.

Sullivan appeared in court dressed in an orange jail uniform. He walked with a cane and had hand-

Career highs

► In 2002, Sullivan was praised in the congressional record on his retirement.

► Sullivan was cited for promoting homeland security, for being named Sheriff of the Year by the National Sheriff's Association in 2001, and for his work in Colorado's George W. Bush for President committee.

cuffs on his wrists that were attached to a chain around his waist.

Police say they learned from two informants that Sullivan was dealing meth but would sell it only if they had sex with him. He was arrested after police set up a sting at a home.

THE ASSOCIATED PRESS



► Former sheriff Patrick Sullivan stands accused yesterday. He was sent to the jail that was named in his honour.

R.I. SANGOSTI/DENVER POST/THE ASSOCIATED PRESS

10 PEOPLE HELD

Anti-mafia crackdown nets judge

An Italian judge, politician and police official are among 10 people detained in a crackdown on the 'Ndrangheta crime syndicate.

Milan prosecutors said the investigation was conducted jointly by anti-mafia authorities in Milan and southern Reg-

gio Calabria.

Last year, a major investigation that netted some 300 arrests showed the 'Ndrangheta wasn't just a southern association of clans, but rather a structured organization that had infiltrated itself into northern Italy's political and financial worlds.

Among those arrested yesterday was Judge Giuseppe Giglio of Reggio Calabria, accused of corruption, revealing office secrets and helping his wife get a job.

THE ASSOCIATED PRESS

Taxpayers file ... bags of snakes

Two farmers fed up with alleged bribery demands emptied three bags filled with snakes in a busy tax office in northern India.

The 40 or so snakes — including at least four

deadly cobras — sent people climbing atop tables and scurrying out the door in Basti, about 300 kilometres southeast of Lucknow.

"Snakes started climbing up the tables and chairs," said an official, Ramsukh Sharma. "There was total chaos."

No one was bitten. Police and officials captured the snakes.

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Clinton fanning flames of reform

► Secretary of State carries the hopes of the White House with her as she travels to isolated Myanmar



► U.S. Secretary of State Hillary Rodham Clinton arrives at the airport in Naypyitaw, Myanmar, yesterday.

Small steps

► U.S. officials are cautious about what Clinton's three-day visit can accomplish beyond being a symbolic stamp of approval for the small steps of political and social reform under way since elections last year.

► Last week, Myanmar's parliament approved a law guaranteeing the right to protest, which had not previously existed. And improvements have been made in areas such as media and Internet access and political participation.

► But the government that took office in March is still dominated by a military-proxy political party, and the future is uncertain.

It is a tiny nation of mystery, isolated and authoritarian.

She is a top government official of the world's only superpower.

U.S. Secretary of State Hillary Rodham Clinton arrived in Myanmar yesterday, hoping "flickers of progress" would burst into flames of reform there.

Clinton's diplomatically risky trip to a nation that receives few outsiders is meant to test whether the new civilian leaders are truly ready to throw off 50 years of military dictatorship.

U.S. officials said she would press the leadership on severing military and suspected nuclear ties with North Korea.

It is the first trip by a

secretary of state to Myanmar, also known as Burma, in more than half a century.

"I am obviously looking to determine ... what is the intention of the current government with respect to continuing reforms both political and economic," Clinton told reporters before her arrival.

"We and many other nations are quite hopeful that these flickers of progress ... will be ignited into a movement for change that will benefit the people of the country," Clinton declined to discuss specific steps she would suggest to the military-backed government or say how the U.S. might reciprocate for positive change.

THE ASSOCIATED PRESS

COUNTRY'S NO. 1 REBEL RETAINS HOPE



Nobel peace laureate Aung San Suu Kyi, pictured left, is returning to Myanmar's political scene after decades of detention and harassment.

Myanmar cancelled 1990 elections that Suu Kyi's National League for Democracy won.

But she says she plans to

run in upcoming elections.

"We and many other nations are quite hopeful that these flickers of progress ... will be ignited into a movement for change that will benefit the people of the country," she said.

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Scrooging on kids' Santa sessions

► Evening Skype chats with Santa Claus can be done from home at families' convenience, Toronto's Eaton Centre says

A Canadian holiday tradition for more than 100 years is coming to an end this year — no, Virginia, the little ones won't be lining up to see Santa Claus at the famed Toronto Eaton Centre.

Since just after the turn of the century, Eaton's flagship store in the city's downtown has been the hotspot for kids to meet Santa and give him their Christmas wish lists.

But changing times and fortunes, including those of the Eaton family who no longer own the shopping centre, mean Santa won't have



► Toronto's Eaton Centre

such prime real estate this year.

Instead of lining up to meet the jolly old man, children will in-

stead be asked to sign up with the Eaton Centre to attend a week-end storytime session and get a photo on Santa's knee if they choose.

Santa is also now cool with cyberspace, so parents can register their kids for a 10-minute Skype session with him, also arranged through the shopping centre.

Both are free, says marketing director Meredith Vlitras, who decided to shake things up this year and look for more innovative ways to showcase St. Nick.

The traditional line-up waiting for a chance to sit on Santa's knee could sometimes last up to three hours or longer, said Vlitras. The Eaton Centre wanted to create a new experience that would be more fun for both parents and kids, she said.

The break with tradition is not sitting well with some parents.

"I think it's sad," said Heather Austin, whose plans to take her 20-month-old daughter Emily to see Santa at the Eaton Centre were dashed yesterday. **THE CANADIAN PRESS**

25 charged over Stanley Cup riot

► 61 counts represent first round
► Police already planning second

Crown prosecutors have approved 61 charges against 25 suspected Stanley Cup rioters, Vancouver police announced yesterday.

Integrated riot investigation team Insp. Les Yeo said in a media release that the first approved charges represent just the beginning.

"We will continue to work closely with the special prosecution team as even more charges are expected in the coming days and week," he said.

The 61 charges stem from the initial batch of 163 charges that Vancouver police recommended to the Crown at the end of October.

All of the accused rioters — between the ages of 17 and 33 — face charges of



► Riot police stand in front of a burning vehicle on June 15, 2011 in Vancouver.

participating in a riot, along with lesser charges like arson, break-and-enter, assault and mischief

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China marks World AIDS Day

China will have about 780,000 people infected with the AIDS virus by the end of this year, state media reported yesterday, with most having contracted it through heterosexual sex.



► Primary school students present giant and small red ribbons during an event on the eve of World AIDS Day in Wuyuan, in southern China's Jiangxi province, yesterday.

THE ASSOCIATED PRESS

RIM holds smartphone lead at home

Research in Motion's share of the smartphone market in Canada is slipping but it's still ahead of Apple and Google's Android platform, according to a report by measurement firm comScore.

About eight million Canadians owned a smartphone in September and 35.8 per cent were using a BlackBerry, said comScore on yesterday.

Apple had 30.1 per cent of the market, Android had 25 per cent, Symbian had 4.2 per cent and Microsoft had 3.2 per cent.

THE CANADIAN PRESS

40

In all, 20.1 millions Canadians aged 13 or older had a cellphone in September, with 40 per cent owning a smartphone.

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Access to U.S. cash made easier for banks

► Temporary dollar loans to be reduced by half a percentage point next Monday ► Stocks surged when announced

The Bank of Canada and five other central banks have launched a pre-emptive strike in an attempt to ward off a new global credit crunch and a possible new global recession.

The European Central Bank, the U.S. Federal Reserve, the Bank of England and the central banks of Canada, Japan and Switzerland said yesterday they will make it cheaper for banks to access U.S. dollars.

The measure to reduce costs and access to U.S. dollars — thereby boosting liquidity and loan activity — was meant as a signal to markets that policy-makers are prepared to intervene aggressively at the first sign of trouble, said analysts. But it does not resolve the issue of sovereign debt in Europe and the solvency of European banks with billions of euros in government bonds on their books, they

added.

Finance Minister Jim Flaherty called the cooperation a “positive” indicator.

“One of the things that we see when there’s a great deal of uncertainty is a tightening of credit and that has been a challenge particularly with respect to U.S. dollars and some of the European financial institutions. This is a step forward,” he told reporters.

Flaherty reiterated that Europe is rich enough to help itself and should not rely on the International Monetary Fund, often called the bank of last resort for the poorest nations.

Analysts said European banks had been seeing their costs for acquiring funding in U.S. currency rise four-fold in recent months.

But David Rosenberg of Gluskin Sheff and Associ-

Market moment

TSX	Dollar
	
+ 471.67 (12,204.17)	+ 0.95¢ (98.01¢ US)
Oil	Natural gas
	
+ 57¢ US (\$100.36 US)	\$3.550 US (- 8.3¢)
	Gold \$1,750.30 US (+ \$31.40 US)

ates said by email the early morning intervention by central bankers was likely triggered by a specific, large French bank, which ran into difficulties obtaining funding.

Each day, banks in Canada and around the world lend billions of dollars to each other, which then is used to lend to consumers, businesses and others who need cash for purchases, investments and other uses.

There are growing fears the European debt crisis will force them to take tens of billions of dollars in losses on the bad government debt they hold.

That has made it hard for them to raise money in financial markets and could worsen a looming recession in Europe.

THE CANADIAN PRESS

Bargain. Gifts



► An Associated Press reporter is shown demonstrating an app for shopping in front of an Old Navy store in San Francisco.

JEFF CHIU/THE ASSOCIATED PRESS

Smart giving with a smartphone

If you’re trying to save cash and time this holiday season, use technology to your advantage — a slew of new smartphone apps aimed at shoppers can help.

Export boost temporary: Analysts

Surging exports helped revive Canada’s economy in the third quarter after an unexpected spring swoon that appears to have been attributable to temporary factors.

The real gross domestic product expanded by a 3.5 per cent in the July-September period. The big lift

came from exports, which grew 14 per cent during the quarter, contributing about five percentage points to overall GDP.

While that is encouraging for Canada’s battered manufacturing sector, it also sets the economy up for a disappointment going forward, said analysts.

A rebound in exports was widely expected, given the second quarter had seen just as massive a decline, triggered by supply disruptions from the Japan-

ese tsunami in March and temporary shutdowns in Canada’s mining sector.

Going forward, the exports boom in the third quarter means the foreign sector-based part of the economy will likely drag down growth in the fourth, noted Scotiabank economist Derek Holt.

“While positive growth is still likely into Q4 and beyond, it will likely be at a vastly more subdued pace,” he said.

THE CANADIAN PRESS

UAE Puma sneakers pulled

Athletic apparel maker Puma has pulled a line of shoes decked out in the colours of the United Arab Emirates flag following criticism that the sneakers were disrespectful.

The German company confirmed yesterday that it has ordered the shoes in the national colours of red, white, black and green off store shelves in Dubai and other Emirati cities. Puma

says it is sorry for any trouble caused and “never intended to upset or offend” customers in the Middle East, where shoes are seen as unclean.

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Now that Santa Claus parades have passed, snow has fallen and stores have entered their seventh exciting week of Christmas music, I think it's safe to talk shopping.

Not that there's anything safe about it. The starting gun for holiday shopping is "Black Friday," though few Americans would use something as feeble as a starting gun to get their hands on a discounted DVD player.

This calls for heavy weaponry. It's in the constitution.

Even without firepower, Americans bulk up with turkey on "Black Thursday" to prepare for various cannonball moves needed to get at merchandise on Black Friday, shop at smaller stores on "Black Friday Hangover" and then online on "Cyber Monday." Other important days include "Utensil Blowout Tuesday," "Paisley Wednesday" and "The Thursday of Regret."

Meanwhile, Canadians watch the pepper sprayings and shootings and stampedes and can only think one thing: We want in. Though there's an annual lament that North Americans have forgotten the true meaning of Christmas, I can assure you that holiday shopping has been crazy for at least my entire lifetime.

First it was Cabbage Patch Dolls. Nothing evoked the spirit of the season quite like old women having fist-fights over ugly, fat-faced dolls.

Then there was Furby, a pricey doll that first spoke

gibberish, but eventually learned English phrases like "A fool and his money are soon parted."

And who could forget Tickle Me Elmo, whose announcement "Heh, heh! That tickles!" was an interesting counterpoint to store clerks yelling, "Dear God! Get off my spine!"

It's never pretty, but what can be done? Well, I say this with utmost humility: Be more like me. If you shopped as I shop, we'd only need one shopping day. The entire continent would be done in minutes, actually. My goal during any shopping excursion is to treat the inside of the mall like it's Fukushima Daiichi — the less exposure the better. I'm a mission shopper.

RECORDING: Your mission, should you accept: We need a Chapters gift card, a backgammon set, and some sandalwood soap, whatever that is (women like it, we think). This MP3 player will self-destruct as soon as the warranty expires.

ME: I'll be in and out in 11 seconds.

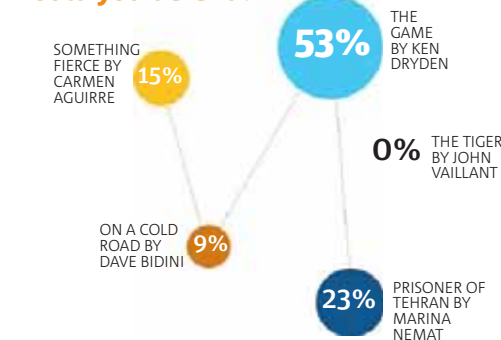
With shopping complete, one can get back to the important things, such as enjoying the sights of the season, and repaying crippling shopping debts. And, because you skipped the violence, you'll have plenty of pepper spray next year for the repo man. Also, any store manager that decides to play Christmas music on Nov. 1.

As we remember the true meaning of the season, let us spray.

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

Which book in Canada Reads contest would you defend?



Local tweets



- **@epiklove91:** Dear passengers of #yeg #ets, your bags don't need seats. It is greatly appreciated if you give up that seat on a crowded bus.
- **@Phoenix9917:** oly crap are there some unbelievably rude people out there today in #yeg...came very close to smacking a few around.
- **#LackOfRespectOuThere**
- **@Ehking:** Best part of snow is driving sideways. #yeg
- **@HollyVonSinn:** Is it just me or is everyone in #yeg starting to look like Chi Pig?
- **@TeagonMcRae:** Potential stop in #yeg for the #rhcp 's in march!!!!!! I just died a little bit
- **@picklejinx:** Looks like the cabs are fishing pretty hard at the City Centre bus stop. Does that ever work? #yeg #yegdt
- **@onloveonlife:** My walk to my bus is now a snow covered ice path of doom. #winter #Canada #yeg
- **@Dunaj_Andrew:** Quality of living rankings are out - Vancouver made top 5, and #yeg was no where to be found #NoSuprise lol still love #yeg though

Daily Zoom

Foxy snow dive



Cunning fox goes 'mousing'

WYOMING. Deep in the Lamar Valley of Yellowstone National Park, this red fox uses its large ears to listen out for a mouse before "snow-diving" to try and catch it.

Richard Peters had only a handful of seconds to snap this fox in motion, which had waited 20 minutes before launching its attack.

● METRO WORLD NEWS



"In the end, the mouse was quicker. The fox came out with nothing in its mouth."

RICHARD PETERS, PHOTOGRAPHER

Wolves head for warmer climate

PHOTO TOUR. For the 33-year-old photographer from London, this fox snap was not what he had intended. As he explained to Metro: "I went there to photo-hunt wolves. But the harsh winter — with over two metres of snow and temperatures as low as -39 C — forced the wolves to migrate to warmer places."

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scene

Rocking out to some reggae

► Make Shift Innocence brings their unique sound and performance to On the Rocks Dec. 11

BACKSTAGE PASS

JENNIFER LARAWAY
METRO EDMONTON



When Eminem first came on to the rap scene, people didn't know what to think or if they

could take him seriously.

Over the years, he has proved himself time and time again. The same goes for Jesse-James Cameron of Make Shift Innocence.

He's making strides on the reggae scene as the noticeably tattooed, Caucasian kid and he has the street cred to back him. Having grown up in Jamaica, reggae became part of Cameron's identity — not just as a music genre but as a message.

"Right now we are trying to accomplish taking the image of our music, the honesty, genuine, one love and embrace the original Jamaican tones so people can free themselves through the music from what's tying them down."

He goes on to say that the group has gained international notoriety by building on the traditional reggae sounds.

"We don't just play reggae. We're roots, rock and reggae."

On Dec. 11, the group is making their way to On the Rocks (11740 Jasper Ave) to celebrate the release of their latest album: Yours to Keep. The newly released single of the same name is already making waves with people who are singing its praises all over the Internet. Cameron credits a lot of the band's success to local promoter Nathan Richards, who focuses particularly on young artists.

"He's done everything for us," says Cameron. "I can't say enough about him or thank him enough. If you want to get into this business, he's the name to talk to."

But, if you're just up for taking in the band, make sure to keep your eyes out for a pre-concert wallflower. Rumour has it that a certain band member likes to blend in with the crowd before a show, listen in on conversations, and then randomly dedicates songs to those people based on the conversations he's overheard.

"I can use it as ammo in the show," Cameron says. "It creates a moment and an instant meaning for the song. It's what keeps people coming back for more."

Tickets for the show are available at the door. For more information on the band, visit MakeShiftInnocence.com.



► Reggae meets rock on Dec. 11 at On the Rocks.

Kardashian



Reality TV star Kourtney Kardashian says she's expecting baby No. 2 with her boyfriend. The couple have a son, Mason, who is nearly 2 years old. The 32-year-old E! reality star tells *Us Weekly* that she's nine weeks pregnant.

THE ASSOCIATED PRESS

A very comic Christmas

► A Russell Peters Christmas goes heavy on the corny factor while celebrating the season

When it comes to Christmas, Canada's comedy giant Russell Peters is a traditionalist at heart.

The stand-up superstar throws together an old-fashioned TV variety special this week featuring plenty of carols, mirth by the fire, wishes for Santa, and unabashedly cheesy skits involving his mother, Maureen, and baby girl,

Crystianna.

"This is a real family affair, (including) Momma and baby. Did you see my daughter? How cute is she?" Peters gushed recently from the Toronto set, admitting he's taking every opportunity to show off his nearly year-old offspring.

"Even if she never wants to be in show busi-

ness ever again at least I got footage to show her and go, 'Who didn't want to be in show business then?'"

Besides baby schmaltz, A Russell Peters Christmas features famous friends Michael Bublé, Pamela Anderson, Jon Lovitz, Scott Thompson, Faizon Love and The Love Boat's Ted Lange, as well as a bevy of

lingerie models to help ring in the season.

Thompson says the mix of stand-up, sketch comedy, stop-motion animation and musical performances harkens back to holiday specials of yore.

"I think if a white guy did it, it would be like, 'Wow, this is too much of a throwback.' But with him it seems kind of hip,"

Thompson says of the show's Indo-Canadian host, who peppers the special with trademark jokes about race and culture.

"And I think people will go, 'Oh my God, so he's a Christian. I wasn't sure.'"

A Russell Peters Christmas airs tonight on CTV and repeats Dec. 10 on The Comedy Network.

THE CANADIAN PRESS



For breaking entertainment news, scan this code or visit metronews.ca/scene

The particular sadness of pet loss

► All dogs go to ...? ► Award-winning author and artist combine talents on children's book about a puppy's passing

First there was Marley, the rambunctious Labrador retriever whose death brought readers to tears in John Grogan's *Marley and Me*. Now there's Sammy, a mixed-breed hound who's the subject of another tear-jerker, a children's book, *Sammy in the Sky*.

When her beloved hound dog died, Pulitzer Prize-Winning journalist Barbara Walsh watched her young daughters tearfully struggle with their loss and with tough questions. Walsh quickly realized there was a story to be told, one that she hopes will help other families deal with the loss of a pet.

But it wasn't easy getting the book published, even after Walsh enlisted celebrated American artist Jamie Wyeth to fill the pages with illustrations in



► Artist Jamie Wyeth and writer Barbara Walsh collaborated on the new children's book *Sammy in the Sky*.

watercolour, acrylic and pencil.

Book agents and publishers were squeamish about the subject matter, yet Walsh and Wyeth didn't want to sugarcoat the pain and sorrow that unfolds in

Sammy in the Sky.

"Agents didn't want to go near this book. They said, 'It's too sad, it's too real,'" Walsh recalled. "That's my point. There's nothing else like this out there."

Sammy, a mixed-breed

hound, became the family's first pet, purchased from a dog pound for \$30 by Walsh's husband, Eric Conrad, while they were living in Florida. Sammy became a cherished family member, earning Eric's oft-re-



peated moniker, "the best hound dog in the world."

The hound showed love and patience. He licked Emma's cheeks when Barbara and Eric brought her home from the hospital. He slept next to her crib.

"She'd play doctor and wrap him in bandages and put bonnets on his head. He would just sit there. She used to sleep on him. He was her pillow," Walsh said.

"He was this amazing, gentle hound who looked after her. And she considered him to be her best friend."

As pet owners know, all good things must come to an end. The family, by now living in Cape Elizabeth, Maine, discovered a lump on Sammy, and he was diagnosed with cancer at age 12. The girls were told to enjoy their time with him, because it was drawing short. On the night he died at home, Emma echoed her father's words: "You're the best hound dog in the whole wide world."

Sammy in the Sky is not expected to outsell *Marley*, but it's doing well for a children's book. The first printing of 10,000 sold out in a couple of weeks; the book is now on its third printing.

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AIDS awareness earns Alicia praise

► Bono attends premiere of Keys' film about disease in Africa, says she has 'lioness energy'

Bono is afraid of Alicia Keys.

While Keys talked about being pregnant and empathetic when filming her

documentary about AIDS in Africa, the U2 singer chimed in and said: "She's scary, isn't she? She's scary."

Bono went on to say that Keys has "lioness energy" and that her role as a new mother won't allow her to "let other mothers

suffer."

He made the comments at the premiere of *Keep a Child Alive* with Alicia Keys, a documentary that

followed a visit to South Africa during last year's World Cup with a pregnant Keys and five Americans. It airs on the cable television Showtime channel today, which is World AIDS Day.

Bono said he met Keys when they recorded a cover of Marvin Gaye's *What's Going On* — with dozens of other musicians — in 2001.

"I was terrified the moment I met her. I was shaking in my boots," he said. "I was very moved by her singing of course, but what was interesting was the hard questions afterwards, and I think it's those hard questions that she asks that lead her."

Keys started her charity, *Keep a Child Alive*, in 2003. It assists those affected by HIV/AIDS in Africa and India.

She says she hopes the film reaches out to those who want to help, but can't make it to Africa.

"Even if you never have been able to travel there, or if you never can, that doesn't mean you can't travel with us and really

Broadway

► Alicia Keys has composed music for the Broadway play *Stick Fly*, which debuts next week.

► When Bono —who along with the Edge wrote the music for *Spider-Man: Turn Off the Dark* — was asked what advice he could give Keys, he said: "You know, it's an amazing American tradition, Broadway, and she can do anything she wants."

see it for yourself," she said.

Bono says Keys has what it takes to make a difference in Africa, and around the world.

"Everyone's got heart, but actually you have to have the head for this," he said. "You have to be tough and strategic, you have to be demanding, (and) the money has to be spent well."

If the money isn't spent well, he said, people get annoyed, "and so all these things take a certain intellectual rigour."

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CHARLES SYKES/THE ASSOCIATED PRESS



► Bono and Alicia Keys attend the premiere of the Showtime documentary *Keep a Child Alive* with Alicia Keys, in New York, on Tuesday.

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Watch out Lohan, it's Love to the rescue

- ▶ Courtney Love offers her expertise in sobriety to Lindsay Lohan
- ▶ That's right, Kurt Cobain's widow is going to be a sobriety coach

THE WORD

DOROTHY ROBINSON
SCENE@METRONWS.CA



Well, if this doesn't spell the end for Lindsay Lohan, I don't know what does: Courtney Love, a woman once so wasted she was photographed having a stranger suck her bare nipple at a Wendy's, is apparently Lindsay Lohan's new sobriety coach. Yes, in the new issue of Details, Love says she's

taken on the role. Love says she is using her past to show Lohan that she is making a mistake by using drugs. "I went up to Lindsay's room one time and there was a show on called '101 Celebrity Oops' and I am like every other one, you know — boobs out, legs everywhere, throwing s— at Madonna, you know, whatever," Kurt Cobain's widow told the magazine. "I'm like 'Lindsay, look! Drugs are bad!'"

Having Courtney Love as your sober coach makes about as much sense as having Chris Farley as your weight-loss guru.



▶ Courtney Love

ALL PHOTOS GETTY IMAGES

New lady for Bradley Cooper?

Bradley Cooper reportedly spent a romantic day in Paris with French actress Melanie Laurent, prompting rumours that the two are dating, according to Us Weekly. Cooper, who is flu-

ent in French, and Laurent lunched on the Boulevard St. Germain before heading to the theatre for a matinee. The pair then headed back to Cooper's hotel for a private dinner. ● METRO



▶ Bradley Cooper

ScarJo loves bad boys

Scarlett Johansson admits she has a thing for bad boys, so to speak.

"I'm attracted to the quality of being adventurous and perhaps a bit mischievous and also questioning authority and being proactive," Johansson, who recently dated Sean Penn, tells Cosmopolitan. "If that makes up a quintessential bad boy, then whatever. I'm not at

all attracted to meanness or bullying, but I do think conviction is attractive. I mean, really, who doesn't?"

One thing she doesn't find attractive, though, is over-sharing: "I don't have a Facebook or a Twitter account," she says. "I don't know how I feel about this idea of, 'Now, I'm eating dinner, and I want everyone to know that I'm having dinner.'" ● METRO



▶ Scarlett Johansson

Who will replace Regis?

With Regis Philbin now out of his long-time morning talk show gig, the

question is who will replace him. Given that Nick Lachey successfully sat in for Philbin in October, could he be up for the permanent position?

"Well first of all no one takes Regis's spot," Lachey tells Hollyscoop.

"Regis is an absolute legend of our industry and he cannot be replaced, that's first and foremost. But that situation — if it ever was an option for me to dive into — I would welcome that opportunity." ● METRO

Celebrity tweets



Everyone is happy that Conrad Murray was sentenced to four years in prison, except for other inmates suffering from insomnia.



@JoanRivers

twitter is not necessarily the place to worry about grammar, spelling and syntax — i just try to fit my thoughts into 140 characters or less..



@MarthaStewart



@MatthewPerry

I'm on a train. Whatever.



@ConanOBrien

Not gonna say what I bought, but Amazon just reviewed my order and said, "You might also be interested in therapy."

Moore takes 'me time'

It turns out Demi Moore wasn't on hand for youngest daughter Tallulah's recent debutante ball in Paris because she stayed back in L.A. for some "me time." Moore, who recently filed for divorce from Ashton Kutcher, was spotted



▶ Demi Moore

enjoying a dinner with close friend and florist Eric Butterbaugh at the Sunset Tower Hotel, according to Us Weekly. ● METRO

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One festive fashionista

► Iconic Canadian designer Marie Saint Pierre dishes on the dos and don'ts of holiday dressing



HEATHER
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Celebrated Montreal-based designer Marie Saint Pierre has teamed up with Reitmans on a capsule collection of 10 dresses for the holidays.

Featuring the signature touches — asymmetrical hemlines, a playful combination of fabrics and architectural details — that have made Saint Pierre a hit internationally, each dress offers the versatility of day-to-evening wear at an accessible price.

"We wanted to offer essential dresses for this collection," explains Saint Pierre. "We wanted to give them timeless pieces that would go beyond Christmas and you could wear throughout the year," she adds of the offerings, all of which are variations of the little black dress.

When it comes to holiday dresses, Saint Pierre says if you opt for classic and elegant black, which is universally flattering on any shape, you can add a splash of colour with some accessories.

"Black is versatile and at the same time it is glamorous. It's such a functional colour for most people; it's like a blank canvas. If you are going to buy one dress, buy a black dress that you can wear for many occa-



► Marie Saint Pierre for Reitmans collection. From left: V-neck dress with gold lace; V-neck knit and taffeta dress with sash; \$85 each.

Top tip

Sleeveless dresses and tops should show off your arms, not your bra. If your bra straps show, the cut of the dress is wrong for you or the top is too big at your shoulders.

sions and for many years." However, Saint Pierre

Creatively moving from day to night

"You can wear a cardigan over the dress during the day with flat shoes, then add the necklace, a pair of heels and remove the cardigan for the evening cocktail party," says Saint Pierre.

did include that ultimate holiday colour — red — in the bustier of her bubble skirt dress as well as a lovely deep blue in the skirt of a taffeta number.

Saint Pierre believes that the movement and drape of a dress are key elements to look for when choosing what to wear to your holiday parties. "Having movement in a

dress is important. That's when you create a buzz," says Saint Pierre, adding that holiday parties are the time to go all out and really shine.

"When you overdress, you create the party," she says. "I think the holidays are a time to dress up rather than dress down. So add on accessories."

It's all about choosing a

Holiday bling

How to accessorize your outfit

- "We worked a lot with chains. I think you can mix the chain with the fur, you can mix the chain with a nice cashmere scarf or a fur bag, or an amazing ring," says Saint Pierre.
- "I would not put too many accessories together though. Go with one big statement accessory."
- The designer also points to carrying a colourful clutch for a pop of colour with a black dress or adorning the wrist with a big cuff. "For an event, you can have a really great presence with a hat," she adds.

figure-flattering dress that accentuates the right areas, as well as concealing the right areas.

"High-low hems (higher in the front, lower in the back) for instance gives a nice flow and silhouette as do A-line skirts," she explains.

Some people hesitate to wear strapless or sleeveless dresses to office holiday parties, deeming it inappropriate. Saint Pierre, however, poo-poo's that notion. "It is the time when you can bare your shoulders. If not at a holiday party, then when?"

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Jeanne Space



In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.



@Jeanne_Beker:
Freaky to see my personal art
collection displayed @AGOToronto
storefront gallery on University Ave

► @MeashaBG: "@Jeanne_Beker: ...my personal art collection exhibit which opens @AGO-Toronto as part of their Collector's Series." I CAN'T WAIT2C THAT!

► @Jeanne_Beker: Hope to see you there! Miss you!!!! xoxo!



► @Jeanne_Beker: With @ShaunDowneyArt who created this introspective portrait of moi! @AGOToronto show, on til 16th.

► @Rinowa_Toronto: Love the portrait and the green dress! Fresh colour for a gloomy day ;)

► @ZarGanmylife: beautiful! Such a master piece:-)

► @catobie: Beautiful! Even on this pic you can see a wonderful use of light to show 'you'. #warmandsoft

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV. JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

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aloe extracts, Burt's Bees Sensitive Daily Moisturizer is fragrance free, hypo-allergenic and dermatologist-tested. \$25; burts-bees.ca

CHEEK

CHARM Another route to the season's sweet flush: Lancôme Paris Maison Lancôme Blush, which pays tribute to the brand's Parisian address since 1935, 29 Faubourg Saint Honoré. \$48; lancome.ca

50s

BALMS AWAY A cleansing balm is lovely for all skin types, especially dry. Rodial Glamtox Cleanser liquifies with water and leaves skin clean and soft. \$75; rodial.co.uk



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Let your holiday table sparkle

► How to keep your silver, crystal and china clean and shining

DESIGN CENTRE



KARL LOHNES
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This week I take a practical approach to decorating with cleanliness and shine; making sure that all your treasured tabletop and bar items look their very best after a long year of storage in the china cabinet.

With a bit of technology and a few old-fashioned tips, you can release your inner butler and create tabletops that sparkle, shine and gleam!

Cleaning:

For the little time that it takes to polish up your glass and metals, you'll sit at the table with pride as your guests compliment how great everything looks.



Felt pads layered between dishes is a smart way to protect from scratches and breakage. Felt Dinnerware Protector, \$12/set; crateandbarrel.com

I like to set the table completely, then go around and polish everything one final time. I suggest sitting in each guest's chair to do the polishing at each setting — you'll be surprised at what you see from each guest's perspective.

Here's an old-time method to remove time-worn tarnish from your silver treasures: Line a plastic basin with aluminum foil, shiny side up.

Place the tarnished flatware inside. Make sure all pieces are contacting the foil. Sprinkle in a 1/4 cup of baking soda and pour in 16 cups of boiling water. Stir and let the silver soak for 10 to 15 minutes. Remove the silver. Rinse, and buff with a clean, soft cloth.

Wear cotton gloves when setting the table; it's the simplest way to guarantee no fingerprints are left on dishes, cutlery and crystal.

Silver items that are

stored out of sight can also be kept in Ziploc bags to stop tarnishing.

Wrapping silverware in dark blue tissue paper will also keep it from tarnishing (so says my grandmother).

Protecting:

There is nothing worse than going to set a table and discovering that one of the stacked dinner plates is



► Give your table's bling a little love.

cracked.

You no longer have a full set to use and you are without the proper amount of required table settings.

The best way to keep your dishes, silver, crystal and flatware protected is to care for them properly.

Do not stack more than eight china plates or bowls on top of another to avoid too much pressure on bottom plates.

Some home goods stores sell storage bags specifically designed to store china. These are typically cloth or plastic bags, felt-lined and closed with zippers.

Sheets of felt can be purchased at fabric and craft stores, and placed between fine dishes to keep them protected.

Consider purchasing sturdy, see-through stackable plastic tote containers with handles on either side so everything can be stored and seen without labelling.

Do not add scented sachets or smells in storage boxes or cabinets as crystal and glassware can

actually absorb the smells.

When purchasing crystal, flatware or china buy an extra to allot for breakage, loss, wear and tear.



► Attractive storage keeps fine china and glassware protected. Microfiber Stemware Storage, \$25; bedbathandbeyond.ca

► Swirling stainless steel beads help clean lime-scale and tannin deposits from glass or crystal decanters. Peugeot Bilbo Decanter Cleaning Beads, \$19; cookworks.ca



Washing your wine glasses

An old rule says that if your wine glasses cost more than around \$25 each they should be hand washed.

I can't tell you how many of my wine glasses have ended up with broken stems and chipped edges by washing them in the sink.

Now there's some help from Miele — their G5000 series dishwashers feature Perfect GlassCare technology which is gentle enough to clean fine china and crystal — wine glass maker Riedel endorses the Miele machines as the only ones they'd recommend.



► Miele's G5000 series dishwashers make crystal and china safely sparkle. Crystal Dishwasher, \$1899, miele.ca

Easy does it

When you stack, it is best to place a paper doily, or a rubber jar ring, between each plate to avoid scratching.

- **Lift:** If you do stack your china plates, lift them off when ready to use instead of sliding them out.
- **Line them up:** Do not stack fine china cups and do not hang cups from hooks or pegs. Place them on a shelf one by one in a row.
- **Pocket tricks:** If using foam pockets, place only one plate in each pocket.
- **Glass care:** If storing glasses in a box, stand them on end and place cut-up cardboard between wrapped glasses.
- **Normal temperatures:** Do not place china in a box in a cold basement or hot attic. Extreme temperatures can crack or craze fine china.

Handle with care:

Instead of air-drying your fine dishes always hand dry with a clean, lint-free cotton cloth to avoid water spots. The E-towel is patent-designed to dry glassware four times faster than a regular dishtowel to leave glasses smear-free and sparkling. (Check out goldaskitchen.com.)

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Do you hear what I hear?

► You will if you receive one of these gift ideas for the audiophile in your life ► MP3's, headphones, gadgets



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Whether you are listening to tunes in the comfort of your home or on public transit through headphones, music can help anyone get into the holiday spirit.

Here are a few gift ideas for the audiophile in your life.

Apple iPod Touch — starting at \$199

Apple continues to dominate the MP3 player market. Year after year the iPod Touch is the best-selling MP3 player. There is a reason for that. The device is well-designed with a large touchscreen, which not only plays music but hundreds of thousands of apps

From top: Apple iPod Touch, starting at \$199, SanDisk Sansa Clip Zip, middle, starting at \$49.99, and Pioneer X-SMC3, right, \$369.99.

and games. It's like an iPhone ... minus the phone!

Sony A Series Walkman — \$199

A 2.8-inch touchscreen is your window to the world of music. Not sure of the lyrics to your favourite song? The A series Walkman lets you upload lyric files that will display in sync with the music. You can also play video files, display photos, listen to FM radio and record personal notes.



SanDisk Sansa Clip Zip — starting at \$49.99

A simple MP3 player loaded with features. The Sansa Clip Zip gets its name from the clip on the back, which makes it easy to attach to your workout

clothes at the gym. On the front, you will find a colour display so you always know what song is playing. It also has very simple controls to guide you through the menus. Not only can you play music but the Sansa Clip Zip also has a built-in FM radio, support for audiobooks and podcasts, a voice recorder and a stopwatch. Great price for such a feature-laden device.

Monster Beats Studio by Dr. Dre — \$329

Two big names come together in one set of on-ear headphones. Monster (known for high-end audio/video cables) and Dr. Dre have teamed up to bring these high-definition headphones to market. Known for their superior sound quality, these Beats headphones have a unique trifold design to ensure they fold for easy storage when not in use. They also feature Cloudtalk technology for hands-free calling!



SkunkJuice Earbuds — \$35.99

Funny name but a great idea! These earbuds are designed for sharing music. Patented magnetic connection technology allows up to four sets of SkunkJuice earbuds to connect together into a single audio input on an MP3 player. No more sharing earbuds! The perfect gift for teens.

Pioneer X-SMC3 — \$369.99

Why keep the music bottled up! Spread some sound around your home. The Pioneer X-SMC3 will do just that. This high-end music system sounds amazing, pumping out some decent bass. Wirelessly stream music from your iOS device via Airplay, or connect your favourite MP3 player with a cable. Since the system is connected to your home network you can



iHome iD85, \$139.99, and SkunkJuice Earbuds, \$35.99, below right.

listen to thousands of Internet radio stations. You can also stream music via Bluetooth with an optional adapter.

iHome iD85 — \$139.99

It's always easier to wake up to the sound of music. Dock your iPhone, iPod or iPad to the iD85 and let it recharge overnight. The dock features dual alarms so two people can rely on the device for their wakeup call. And for all you lazybones out there, you can automatically sync the clock with the time on your iPhone, iPod or iPad.

Monster Beats Studio by Dr. Dre, \$329, top left, and Sony A Series Walkman, \$199, above.

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mobilicity
Now that's smart.

No need for a Silent Night

► With these choices for the musical enthusiast on your gift list ► From Lady Gaga to Alvin And The Chipmunks



KEITH
CARMAN
FOR METRO

Rounding up a year's worth of extraordinary music is never an easy undertaking. With seemingly as many genres sprouting up as there are grains of sand in the Sahara, something is surely to be missed.

Tougher still? Picking out one of those gems for the music enthusiast on our gift list. Paring down the style



only seems to open up a Pandora's box of who's who, who's hot and who's not.

In an effort to provide clarity, simplicity and a defibrillator to your ego, try a few of these tested, respected and occasionally obvious albums from the past few months or slated to be released just prior to the holidays.

Pop freaks know how much of a marvel Lady Gaga's *Born This Way* (Interscope) was upon its release earlier this year. For those who might already own it, however, check out *Born This Way: The Remix*, an unsuited re-imagining of that explosive affair.



On a more soulful level, anticipation for chanteuse Rhianna's sixth work *Talk That Talk* (Def Jam) has been stirring heavily alongside the likes of Mary J. Blige's



10th full-length *My Life II — The Journey Continues* (Act 1) (Geffen), both to be issued in standard and deluxe editions. For traditionalists, well, they may be getting long in the tooth, but as latest venture

Hot Sauce Committee Part Two (Capitol) asserts, New York hip-hop heroes The



Beastie Boys still hold their own. If

spirited lighter fare is of the essence, try The 30th Annual John Lennon Tribute, *Live From the Beacon Theatre*, NYC (Theatre Within), a gala featuring the likes of Patti Smith, Jackson Browne, Taj Mahal, Aimee Mann, Shelby Lynne, Martin Sexton, Bettye LaVette, Joan Osborne, Keb' Mo' and more celebrating the life of a rock legend via his songs.

Not to be outdone, folk-infused poetic punk Frank Turner's *England Keep My Bones* (Epitaph) is easily one of the most rousing and passionate yet down-



* Foo Fighters' *Wasting Light* would make a great gift for the rock fan on your list.

to-earth albums you probably haven't heard this year. Woody Guthrie would be proud.



Similarly, on The King Is Dead (Rough Trade),

folk lovers The Decemberists are surprisingly smooth.

Rock fan in the crew? One could do far worse than to grab them a copy

of Foo Fighters' gripping *Wasting Light* (Roswell), their seventh album overall and most comprehensive in years. Check out the video for *White Limo* for a cameo from legendary Motorhead frontman Lemmy Kilmister. For something less aggressive, Arctic Monkeys' *Suck It And See* (Domino) has been heralded as a champion affair.

For the classical fanatic, Naxos Of Canada is set to release a bevy of box sets

featuring everything from jazz and instrumentals to operas and ballets. Formats range from separate collections to complete



editions of Beethoven, Vivaldi, Rachmaninoff, Chopin and more.

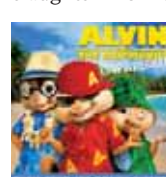
If metal is the name of the game, as has become standard fare over their

quarter-century (and then some) rivalry, heavy stalwarts Megadeth and Metallica have both issued fresh material just in time. Sating diehard fans of brain-bashing drums and buzz saw guitar riffs, the former's



Th1rt3n (Roadrunner) runs exactly as planned. Reaching into more esoteric territory, Metallica opt to work with oddball rocker Lou Reed on elongated affair *Lulu* (Warner/Vertigo).

In the same vein, punk rockers who haven't had opportunity to enjoy legendary genre acts The Dwarves' or The Dead Milkmen in ages would shriek for latest onslaughts *Are Born Again*



(MVD Audio) and *The King Is Yellow* (Independent).

Finally, just because they are still kicking after so many decades, to thrill the young audiophile — or torment their parents — consider *Alvin And The Chipmunks' Chipwrecked: Music From The Motion Picture* featuring those iconic hyperactive rodents at their most ... well, whatever it is that rodents are.

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Jingle Bells & everything in between

► Take a listen to these diverse festive music selections, featuring Justin Bieber, Meaghan Smith and The Muppets



**KEITH
CARMAN**
FOR METRO

Lists, frantic shopping, bills, wrapping, entertaining. Sometimes it's tough to truly get into the holiday spirit.

That's where the right music comes into play and this season there is plenty of it. Vying to get us into the festive mood, a host of musicians have worked diligently through the fall to offer their unique takes on everything from original tunes to favourite standards in such diverse genres as pop, jazz and even heavy metal for this coming yule. A few options to get you glowing:

Meaghan Smith It Snowed Warner

Having hit shelves as of Nov. 1, Juno Award winner

Meaghan Smith's latest holiday bundle offers a fresh take on traditionals such as Baby It's Cold Outside with fellow Canuck artist Buck 65, as well as original ditties including Christmas Kiss. Available in both standard and a deluxe package bolstered



by an autographed lithograph and exclusive acoustic tracks, It Snowed is a delightfully smooth piece of holiday pop.

Justin Bieber Under The Mistletoe Island/Universal

This teen idol may be having some kiss-and-tell issues in his daily life but

when it comes to inaugural seasonal album



Also issued Nov. 1, the 11-track affair (15 in the deluxe version) immediately snagged top spot on North American charts.

Featuring both classics (Silent Night, Santa Claus Is Coming To Town) and some fresh material, it's sure to

make a tween's eyes twinkle.

David Ian Vintage Christmas Prescott Records (Naxos of Canada)

As even his own publicist relates, "How does an ear-



splitting, note-shredding rock guitarist who leaps off amps in concert end up releasing an album of mellow, jazz-oriented Christmas songs?" It doesn't really matter when

Toronto-based Grammy-nominated rocker Ian knows his way around both a fretboard and a swinging rendition of staples Hark the Herald

Angels Sing, Silent Night and Have Yourself a Merry Little Christmas. Jumpin' jazz takes on traditional tunes? Count us in.

Black Label Society Glorious Christmas Songs That Will Make Your Black Label Heart Feel Good eOne

While metal heads were somewhat late to the holiday table, the past few



years have seen them more than make up for it with an onslaught of buzz saw bacchanalia. Serving up his own tray of tasty thematic alloy, former Ozzy Osbourne guitarist Zakk Wylde's EP has a title

longer than its run time. Still, hearing him belt out I'll Be Home For Christmas, O Little Town Of Bethlehem and Wonderful World in his inimitable style will put any brazen headbanger in a buoyant bent.

Various Artists The Muppets: A Green And Red Christmas Universal

Yes, it's a re-release of their infamous 2006 effort, but when fortified by new tracks finding Gonzo and Fozzie



singing I Wish I Could Be Santa Claus, as well as the entire crew aided by Andrea Bocelli on Jingle Bells, who can resist?

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SMART GIFT GIVING

**IF YOU'RE LOOKING TO
BUY A MOBILE PHONE
THIS HOLIDAY SEASON,
HERE ARE A FEW THINGS
TO CONSIDER**

SIZE MATTERS

Hold the phone in your hands; how heavy is it? Put the phone in your pocket or in your purse; how bulky is it? Mobile phone experts call this the "form factor," and there is some value in considering whether the phone is the right shape for your needs. You'll also want to look at the screen size, along with other things such as whether it has a QWERTY keyboard or a touchscreen, or both.

PHOTOS AND VIDEOS

How easy is it to take a photo? Do you have to load a separate camera app, or can you just press a button to take a

picture? Does the camera have a flash, like Mobility's Nokia E73? Does it shoot video, and if it does, is it in HD, like the BlackBerry Torch 9810? Some smartphones even have front-facing cameras, like the HTC Panache, which allows you to record a video of yourself and take self-portraits.

PLATFORM AND APPS

What OS does the phone run on, and are there any apps that are exclusive to it? Take BlackBerry phones and their acclaimed BlackBerry Messenger app. It's one of the most popular messaging platforms around. And when it comes to accessing thousands of other cool apps and games, there's nothing like Android smartphones, like the Nexus S. With apps that do everything from monitoring your fitness routine to tracking your expenses, smartphones are quickly turning into virtual personal assistants!

FEATURES

What does this phone have that others don't? For example, the HTC Panache 4G offers

many unique features, based on the HTC Sense user interface, including allowing users to juggle multiple email accounts with colour-coding, and streaming contacts' social network status and updates alongside their photos when they call or text. The Panache also allows users to instantly silence the phone ringer with a quick flip of the device.



HTC Panache



Nexus S



Nokia E73



IT'S A MATCH

WHO'S ON YOUR SHOPPING LIST THIS YEAR?

For the latest and greatest affordable mobile phones and smartphones without contracts or tabs, check out these cool picks from Mobility.

THE NEWBIE

For someone who is not too technically inclined, a basic mobile phone such as the LG Wink, which is uncomplicated yet sleek and stylish, would be a great fit. It has a two-inch screen, camera, MP3 player and music player, and stereo Bluetooth Connectivity. Like most mobile phones, it also has a rechargeable battery and charger. *Sale price, \$49.99*



THE SOCIAL BUTTERFLY

For the person who wants to be connected to everyone and everything all the time, Mobility recommends the BlackBerry Curve 9360 smartphone. A classic BlackBerry, the slim phone features a QWERTY keyboard, 5.0 megapixel camera, WiFi connectivity and GPS navigation. It has a fast browser and is great for web-based video and gaming. *Regular price, \$299.99*



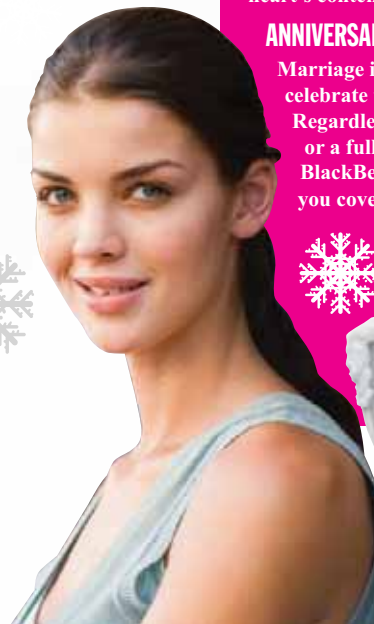
THE GADGET LOVER

The HTC Panache 4G is suitable for people who love gadgets and a phone with the latest and greatest features. It has a portable Wi-Fi hotspot, as well as an interactive camera and GPS navigation with turn by turn directions. There is a 3.8-inch touchscreen. And, you can erase the phone contents if the mobile phone is lost. *Exclusive to Mobility, sale price, \$299.99*



THE TEENAGER

If your teen has been bugging you for a smartphone, and you're crunched for cash, take a look at the Nokia 500. Emails as well as updates from Facebook and Twitter arrive 24/7 on the 3.2-inch full touchscreen. The phone has a fast processor and WiFi, meaning everything will run fast and smoothly whether browsing the web or playing games. *Regular price, \$169.99*



WRAP UP GIFTS THIS HOLIDAY SEASON AND ALL YEAR ROUND

Mobility provides a range of products that make great gifts any time of the year. Here are a few examples.

BIRTHDAYS

Give the gift that keeps on giving — the Nexus S provides access to thousands of apps. And with Mobility's unlimited data, it's easy and affordable to browse the web, watch videos and play games.

VALENTINE'S DAY

You'll love the new BlackBerry Bold 9900. It comes with a QWERTY keyboard, so you can text and email your sweetheart quickly, and to your heart's content.

ANNIVERSARY

Marriage is a partnership; what better way to celebrate than with matching smartphones? Regardless of whether you like a touchscreen or a full QWERTY keyboard, the BlackBerry Torch 9810 will have both of you covered.

GREAT GIFTS ANY TIME OF YEAR

SIGNS IT'S TIME FOR A NEW PHONE

- 1 If co-workers email you photos from the office holiday party, and you have time to make yourself a coffee before they load, it's time for a new phone with a beefier processor. The Nexus S from Mobility has a 1GHz processor, which means you can download those photos, post them to Facebook, and tweet about the party, all before your coffee brews. And with Mobility's unlimited data, you can post and tweet as much as you want.
- 2 If you only have enough memory to store four songs on your phone, it may be time for a new phone. Mobility's LG Wink comes with an MP3 player, and you can upgrade the memory to 16GB.
- 3 If the numbers and letters on your keypad are starting to fade, why not upgrade to something with a touchscreen instead? Mobility's Samsung Galaxy Mini features a 3.14-inch touchscreen, and has a 3 megapixel camera and camcorder.

Treasures for your favourite cook



**EMILY
RICHARDS**
FOR METRO

All I want for Christmas is lots of goodies for my kitchen! OK, maybe not all for me, but certainly to give as gifts to friends.

I often get asked what should I have in my kitchen? Well, here are some great tools for the kitchen that are not only great to give but perfect to receive.

So if you haven't started your list yet, I suggest you add a few, if not all, of these great ideas.

You can pick and choose or create a "basket" to give this holiday season that is themed for the kitchen. With a little thought and some strong shopping you will receive or give the

best kitchen gifts this season.

Kitchen tools to give and receive

This selection can make a lot of people happy, so buy one or buy them all. Truly useful to make cooking a delight!

Chef's knife, silicone spatula, Microplane zester/grater, whisk, measuring spoons, and dry measuring cups, and tongs.

For the baker

Let your imagination grab you! Pick up a bowl and fill it with useful kitchen tools like a rolling pin, cookie cutters, dry measuring cups, measuring spoons, zester/grater and silicone spatula.



❖ Buy one or buy all these for the food lover on your gift list. Kitchen tools include a chef's knife, silicone spatula, zester/grater, whisk, measuring spoons, dry measuring cups and tongs. A collapsible popcorn maker, left, from Dolce, and a Cuisinart waffle maker, below.

For the cheese lover

Look for a small or large brie baker and spreader for a simple straightfor-

ward gift and perhaps include a brie for a get-together. For other cheeses be sure to include a small cheese board and cheese knife set.

For the appetizer parties

Serving things up in small bites is very popular so why not create a few gifts that can help a hostess out? Look for seasonal napkins, skewers of all shapes and sizes, bamboo forks, small serving dishes and bowls, and tasting spoons

recreate the tasty morning dish by making your own at home with a waffle maker.

Or for movie buffs, check out a lively popcorn maker that will get your guests watching the popcorn and not the movie.

And for pizza lovers, be sure to sneak in a colourful nonstick pizza stone to keep pizza warm right at the table, too.

Whether you are looking for yourself or for



❖ Buy a brie baker and spreader for a simple gift for the person who enjoys cheese.



❖ A rolling pin, cookie cutters, measuring cups, measuring spoons, zester/grater, and silicone spatula are perfect gifts for the baker on your list.

friends and family, kitchen tools are an important part of the home and make cooking a truly fun and memorable experience.

So be sure to check out your local cookware shops and specialty food stores for some treasures you are sure to find this holiday season. I would love if Santa stuffed a few in my stocking this year.



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True essentials

There are a few simple tools you shouldn't be without to make cooking enjoyable and fun.

A chef's knife will help you chop and dice your way through incredible recipes, the cutting board will protect your knife and your counters, dry measuring cups and spoons will make sure you have the right amounts you need and good salt will help it all be seasoned to perfection.

Bigger items for kitchen gadget lovers

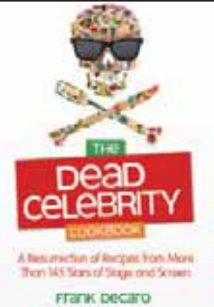
This is where you can look at small appliances with eyes wide open and have some fun.

If you enjoy waffles from restaurants you can



❖ Seasonal napkins, skewers, bamboo forks and small serving dishes work well for appetizer parties.

Weekly Cookbook



Sometimes, dead celebs prove to be the most fascinating. In his book *The Dead Celebrity Cookbook: A Resurrection of Recipes by 150 Stars of Stage and Screen*, Frank DeCaro puts long-gone celebs in the spotlight once again.

The all-but-forgotten recipes featured in the book were rescued from out-of-print cookbooks, musty biographies, vintage magazines, and dusty pamphlets. The book stars Elizabeth Taylor's Chicken with Avocado and Mushrooms, Frank Sinatra's Barbecued Lamb, Andy Warhol's Ghoulish Goulash, Johnny Cash's Old Iron Pot Family-Style Chili and Katharine Hepburn's Brownies, among others.

Memories of warmer times

► **Chili Dogs, normally considered a summer treat, are remade for winter**

Hot dogs tossed in a toasted bun and slathered with chili and shredded cheese tend to scream summer.

But because those flavours go so nicely together, they begged to be converted into a recipe that is better suited for fending off the chill of a winter night.

In converting the recipe, there was no reason to mess around too much with the hot dog or chili topping. Why ruin a good thing? Instead, the focus is on the starch. Roasted potatoes were the right flavour, but wrong texture. Mashed, however, were just right. The resulting recipe oozes comfort and warmth.

Winter Chili Dogs Preparation:

1 Place potatoes in pot and add enough water to cover. Bring to boil and cook 15 to 20 minutes, or until potatoes are tender.

Winter Chili Dogs

► The recipe serves four.

Drain and return to pot. Add butter and milk, then mash until chunky smooth. Season with salt, pepper; set aside.

Ingredients:

- 1 kg (2 pounds) Yukon gold potatoes, peeled and quartered
- 60 ml (4 tbsp or 1/2 stick)

2 In saucepan over medium heat combine baked beans, tomato paste, cumin, smoked paprika, chili powder and cayenne. Simmer, cover and set aside.

- butter
- 125 ml (1/2 cup) milk
- Salt and black pepper
- 430 ml (15-ounce) can vegetarian baked beans
- 22 ml (1 1/2 tbsp) tomato

3 Heat grill pan to medium-high. Add hot dogs and cook until heated through and browned on all sides, about 6 to 7 minutes.

- paste
- 10 ml (2 tsp) cumin
- 7 ml (1 1/2 tsp) paprika
- 5 ml (1 tsp) chili powder
- 1 ml (1/4 tsp) cayenne pepper

4 To serve, divide mashed potatoes between 4 serving plates. Top with hot dog, ladle beans, top with cheese, sour cream, jalapeños, onion.

THE ASSOCIATED PRESS

- 4 hot dogs
- 125 ml (1/2 cup) shredded cheddar cheese
- Sour cream, to serve
- Chopped pickled jalapeno slices and red onion

Beef Pot Roast



THE CANADIAN PRESS/HO

► The recipe serves six.

Fight off cold with a slow-cooked roast

► **This comforting & hearty Beef Pot Roast is a must when the weather gets chilly** ► **Serve with potatoes**

Comforting and tasty, this beef pot roast can easily be served up for dinner.

The hearty meal also offers leftovers for another day. Serve it with mashed potatoes and buttered savoury cabbage.

Beef Pot Roast Preparation:

1 In slow cooker stoneware, place beef brisket and arrange vegetables. Mix wine and tomato paste, pour over brisket; add bay leaf and cook on Low for 5 to 6 hours or until meat is tender and vegetables

are cooked through.

2 Meat juices will make delicious gravy. If thicker gravy is preferred, mix a little cold water with cornstarch and a few spoonfuls of meat juice in a small pan, add remaining liquid and

bring to a boil to thicken. Season with salt and pepper to taste. **CROCK-POT.CA/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients:

- 750 g (1 1/2 lb) beef brisket roast
- 2 onions, quartered
- 2 carrots, cut in half lengthwise, then into 5-cm (2-inch) chunks

- Half a small rutabaga, peeled and cut into chunks
- 250 ml (1 cup) dry red wine or beef stock
- 15 ml (1 tbsp) tomato paste
- 1 bay leaf
- Salt and pepper, to taste

4 sports

Quoted



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Wild outlast Oil in shootout

► Former Oiler Brodziak gets his revenge as Minnesota moves to top of NHL standings



Kyle Brodziak scored in regulation and added the winner in the sixth round of the shootout last night as the Minnesota Wild moved into first place in the NHL's overall standings with a 3-2 victory over the Edmonton Oilers.

Devin Setoguchi also scored in regulation for the Wild (15-7-3), who jumped past Pittsburgh and have won seven of their last nine. Niklas Backstrom made 28 saves for the win.

Ryan Nugent-Hopkins and Jordan Eberle replied for the Oilers (12-10-3), who are winless in three. Nikolai Khabibulin stopped 27 shots in defeat.

There was a rough start to the game as some bad blood from the previous meeting between the two teams last Friday erupted in an expected bout between Edmonton's Darcy Hordichuk and Minnesota's Brad Staubitz.

Edmonton opened the scoring at 9:58 of the first period as defenceman Andy Sutton made a beautiful pass from the half boards to Nugent-Hopkins, who fired



► Minnesota's Pierre-Marc Bouchard, left, knocks down Edmonton's Jordan Eberle who still completes a pass at Rexall Place last night.

home his 11th of the season.

The Oilers went up 2-0 on a power play five minutes into the second as Shawn Horcoff tipped a Nugent-Hopkins pass to Eberle, who buried a backhand.

The Wild pulled back to within a goal at 11:31 off a giveaway by Oilers defenceman Tom Gilbert as Setoguchi tipped in a pass

from Mikko Koivu, who extended his point streak to a seven games to tie a career high.

The Wild then knotted the game 2-2 three minutes later on the power play as Brodziak, a former Oiler, had his own rebound bounce off his body and dribble under Khabibulin. The play stood after a video review.

Edmonton had a chance to regain its lead seven minutes into the third, but Horcoff couldn't get control of a breakaway pass in time to make a move on Backstrom.

Neither team got much going in the scoreless third, sending the game to extra time.

Minnesota had a power play for the final 1:53 of

overtime after Ryan Smyth was penalized for tripping, but Edmonton's penalty killers did a great job limiting the Wild's chances.

Both teams return to the ice Friday. The Oilers host to the Columbus Blue Jackets, while the Wild return home to face the New Jersey Devils before embarking on a five-game road trip. **THE CANADIAN PRESS**

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	25	14	7	2	2	80	63	32	81-2-0	6-6-0-2	5-4-1-0	L1
d-Boston	22	15	7	0	1	81	59	31	9-5-0-1	6-2-0-0	9-0-0-1	W2
d-Florida	24	13	7	1	3	67	60	30	5-2-1-3	8-5-0-0	6-3-1-0	W1
Toronto	24	14	9	1	1	82	81	30	6-4-1-1	8-5-0-0	5-4-0-1	L1
NY Rangers	21	13	5	1	2	60	45	29	7-1-0-1	6-4-1-1	8-2-0-0	W3
Philadelphia	23	13	7	2	1	82	68	29	6-4-1-1	7-3-1-0	6-3-1-0	L1
Buffalo	24	13	10	0	1	68	63	27	6-7-0-1	7-3-0-0	4-5-0-1	L1
Ottawa	24	12	10	1	1	75	83	26	6-4-0-1	6-6-1-0	5-3-1-1	W2
Washington	23	12	10	0	1	71	75	25	8-3-0-1	4-7-0-0	3-6-0-1	L3
New Jersey	23	12	10	0	1	58	64	25	5-4-0-1	7-6-0-0	5-5-0-0	L2
Tampa Bay	24	11	11	0	2	65	76	24	7-3-0-0	4-8-0-2	4-6-0-0	L2
Montreal	24	10	12	2	2	61	60	24	4-5-2-2	6-5-0-0	4-3-2-1	L2
Winnipeg	24	9	11	3	1	70	80	22	5-4-0-0	4-7-3-1	4-4-2-0	L2
Carolina	26	8	14	2	2	61	86	20	5-7-0-2	3-7-2-0	3-7-0-0	L4
NY Islanders	22	7	11	3	1	43	69	18	5-6-2-0	2-5-1-1	3-5-2-0	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Minnesota	25	15	7	2	1	60	55	33	9-4-1-0	6-3-1-1	7-3-0-0	W2
d-Detroit	23	15	7	1	0	69	51	31	10-2-1-0	5-5-0-0	8-2-0-0	W6
d-Phoenix	23	13	7	1	2	65	57	29	7-4-1-1	6-3-0-1	6-3-1-0	L2
Chicago	25	14	8	1	2	80	78	31	7-2-0-2	7-6-1-0	6-4-0-0	L1
St. Louis	24	14	8	0	2	59	50	30	8-2-0-1	6-6-0-1	7-1-0-2	W4
Vancouver	24	14	9	0	1	73	60	29	6-3-0-1	8-6-0-0	8-2-0-0	W5
Dallas	24	14	9	0	1	62	65	29	8-3-0-1	6-6-0-0	3-6-0-1	W1
Los Angeles	24	12	8	2	2	57	55	28	7-6-0-1	5-2-2-1	6-3-1-0	W2
San Jose	21	13	7	1	0	60	48	27	6-4-1-0	7-3-0-0	6-3-1-0	L1
Edmonton	25	12	10	0	3	67	63	27	6-3-0-2	7-6-1-0	3-6-0-1	L3
Nashville	24	11	9	3	1	60	63	26	4-3-2-1	7-6-1-0	4-4-2-0	L1
Colorado	25	11	13	1	0	68	74	23	5-9-0-0	6-4-1-0	4-6-0-0	W1
Calgary	23	10	12	1	0	51	60	21	5-5-1-0	5-4-0-0	4-6-0-0	W2
Anaheim	23	6	13	1	3	50	77	16	4-8-0-0	2-5-1-3	1-8-0-1	L7
Columbus	24	6	15	0	3	55	79	15	5-7-0-1	1-8-0-2	4-6-0-0	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Boston 6 Toronto 3
Minnesota 3 Edmonton 2 (SO)
Colorado 6 New Jersey 1
Detroit 4 Tampa Bay 2
Montreal at Anaheim
Tuesday's results
Calgary 1 Nashville 0
Ottawa 6 Winnipeg 4
Vancouver 4 Columbus 1
Florida 3 Carolina 1
N.Y. Islanders 2 Buffalo 1
N.Y. Rangers 4 Pittsburgh 3
St. Louis 2 Washington 1
Phoenix 4 Chicago 1

Tonight's games

All times Eastern

Pittsburgh at Washington, 7 p.m.
N.Y. Rangers at Carolina, 7 p.m.
Phoenix at Winnipeg, 8:30 p.m.
Ottawa at Dallas, 8:30 p.m.
Columbus at Calgary, 9 p.m.
Nashville at Vancouver, 10 p.m.
Florida at Los Angeles, 10:30 p.m.
Montreal at San Jose, 10:30 p.m.
Tomorrow's games
Detroit at Buffalo, 7:30 p.m.
New Jersey at Minnesota, 8 p.m.
N.Y. Islanders at Chicago, 8:30 p.m.
St. Louis at Colorado, 9 p.m.
Columbus at Edmonton, 9:30 p.m.
Philadelphia at Anaheim, 10 p.m.

BRUINS 6, MAPLE LEAFS 3

First Period

1. Toronto, Grabovski 6 (MacArthur, Gunnarsson) 7:29 (pp)
2. Boston, Lucic 9 (Sequin, Chara) 15:08 (pp)
Penalties — Peverley Bos (high-sticking) 6:00, Seguin Bos (high-sticking) 12:11, Lupul Tor (boarding) 13:04, Gunnarsson Tor (holding) 13:47, Aulie Tor (goaltender interference) 18:32.

Second Period

3. Boston, Krejci 4 (Horton, Seidenberg) 3:33
4. Toronto, Lupul 12 (Kessel, Schenn) 7:00
5. Boston, Chara 5 (Krejci, Horton) 15:30
Penalty — MacArthur Tor (tripping) 16:12.
Third Period
6. Boston, Pouliot 3 (Corvo, Campbell) 3:03
7. Toronto, Frattin 2 (Crabb, Schenn) 6:00
8. Boston, Lucic 10 (Krejci) 15:21
9. Boston, Marchand 9 (Peverley) 19:08

Penalty — Gardiner Tor (tripping) 0:59.

Shots on goal

Boston 17 8 15 —40
Toronto 16 7 14 —37

Goal — Boston: Thomas (W,12-4-0); Toronto: Gustavsson (L,8-5-0).

Power plays (goals-chances) — Boston: 1-5; Toronto: 1-2.

Referees — Kelly Sutherland, Frederick L'Ecuycer. **Linesmen** — Greg Devorski, Steve Barton.

Attendance — 19,643 at Toronto.

AVALANCHE 6, DEVILS 1

First Period

1. Colorado, Hejdruk 8 (O'Reilly, Landeskog) 7:37
2. Colorado, Galiardi 2, 14:14
3. Colorado, Hejda 3 (Duchene, Wilson) 16:02
Penalties — Clarkson NJ (fighting), O'Byrne Col (unsportsmanlike conduct, fighting; served by Porter) 14:37, Sykora NJ (interference) 15:29.
Second Period
4. New Jersey, Kovalchuk 5 (Henrique, Parise) 11:03
Penalty — Quincey Col (slashing) 19:17.

Third Period

5. Colorado, O'Reilly 3 (Hejdruk) 2:47
6. Colorado, McClement 4 (Quincey, Winnik) 10:32 (sh)
7. Colorado, Elliott 2 (Quincey, O'Reilly) 17:17
Penalties — O'Brien Col (tripping) 9:12, O'Byrne Col (holding) 15:22, Kovalchuk NJ (high-sticking) 17:12, Janssen NJ (misconduct), Fayne NJ (tripping) 19:34.

Shots on goal

New Jersey 6 9 4 —19
Colorado 8 6 11 —25
Goal — New Jersey: Brodeur (L,5-6-0); Colorado: Varlamov (W,7-10-1). **Power plays (goals-chances)** — NJ: 0-4; Colorado: 0-3.
Attendance — 14,251 (18,007) at Denver.

RED WINGS 4, LIGHTNING 2

First Period

1. Detroit, Datsyuk 7 (Bertuzzi, Franzen) 4:58
2. Detroit, Ericsson 1 (V.Filppula) 11:04
Penalty — Stamkos TB (cross-checking) 18:37.
Second Period
3. Tampa Bay, St. Louis 7 (Purcell, Bergeron) 9:35 (pp)
4. Tampa Bay, Stamkos 16 (Gilroy, Lecavalier) 19:46
Penalties — Bertuzzi Det (unsportsmanlike conduct) 4:39, Ericsson Det (tripping) 8:09, Thompson TB (slashing) 10:28.

Third Period

5. Detroit, Holmstrom 4 (Lidstrom, Datsyuk) 4:22 (pp)
6. Detroit, Helm 3 (Kindl, Ericsson) 13:14
Penalties — Brunstrom Det (goaltender interference) 0:23, Brewer TB (hooking) 4:13, Hudler Det (high-sticking) 10:35, Lecavalier TB (double high-sticking) 14:45.

Shots on goal

Tampa Bay 8 6 9 —23
Detroit 18 5 12 —35

Goal — Tampa Bay: Roloson (L,6-7-1); Detroit: Howard (W,14-5-1). **Power plays (goals-chances)** — Tampa Bay: 1-4; Detroit: 1-5.
Attendance — 20,066 (20,066) at Detroit.

SCORING LEADERS

	G	A	PT
Kessel, Tor	16	15	31
Giroux, Pha	13	16	29
Lupul, Tor	11	18	29
Vanek, Buf	12	15	27
D.Sedin, Vcr	7	20	27
Versteeg, Fla	12	14	26
Pominville, Buf	9	17	26
Backstrom, Wash	8	18	26
Stamkos, TB	15	10	25
Neal, Pgh	14	11	25
Toews, Chi	13	12	25
Nugent-Hopkins, Edm	10	15	25
Smyth, Edm	12	12	24
Fleischmann, Fla	11	13	24
Kopitar, LA	10	14	24
Ma.Hossa, Chi	9	15	24
Eberle, Edm	8	16	24
H.Sedin, Vcr	8	16	24
P.Kane, Chi	7	17	24

Last night's games not included

HOCKEY

AHL

Last night's results

Adirondack 4 Syracuse 3
Charlotte 3 Texas 2
Houston 2 Lake Erie 1
Tuesday's results
Milwaukee 8 Abbotsford 3
Grand Rapids 4 Toronto 3 (OT)
Connecticut 4 Hershey 2
Norfolk 5 Wilkes-Barre/Scranton 2

Tomorrow's games

All times Eastern
Bridgeport at Albany, 7 p.m.
Toronto at Grand Rapids, 7 p.m.
Manchester at Binghamton, 7:05 p.m.
Connecticut at Providence, 7:05 p.m.
Portland at Wilkes-Barre/Scranton, 7:05 p.m.
St. John's at Hamilton, 7:30 p.m.
Adirondack at Norfolk, 7:30 p.m.
Hershey at Syracuse, 7:30 p.m.
Springfield at Worcester, 7:30 p.m.
Houston at Rochester, 7:35 p.m.
Peoria at Milwaukee, 8 p.m.
San Antonio at Oklahoma City, 8 p.m.
Lake Erie at Rockford, 8:05 p.m.
Abbotsford at Chicago, 8:30 p.m.

Saturday's games

Houston at Toronto, 3 p.m.
Binghamton at Worcester, 7 p.m.
Albany at Bridgeport, 7 p.m.
Texas at Charlotte, 7 p.m.
Chicago at Grand Rapids, 7 p.m.
Rochester at Hamilton, 7 p.m.
Portland at Hershey, 7 p.m.
Providence at Manchester, 7 p.m.
Connecticut at Springfield, 7 p.m.
Adirondack at Norfolk, 7:15 p.m.
Wilkes-Barre/Scranton at Syracuse, 7:30 p.m.
Milwaukee at Peoria, 8 p.m.
Oklahoma City at San Antonio, 8 p.m.
Abbotsford at Rockford, 8:05 p.m.

SOCCER

Yesterday's results

(Home teams listed first)

ENGLAND

LEAGUE CUP

Quarter-finals

Manchester United 1 Crystal Palace 2 (OT)

EUROPA LEAGUE

Group A

Rubin Kazan (Rus.) 4 Shamrock Rovers (Ire.) 1
Tottenham (Eng.) 1 PAOK Thessaloniki (Gre.) 2

Group B

Standard Liege (Belg.) 2 Hannover (Germ.) 0
Vorskla Poltava (Ukr.) 1 FC Copenhagen (Den.) 1

Group C

Legia Warsaw (Pol.) 0 PSV Eindhoven (Neth.) 3
Rapid Bucharest (Rom.) 1 Hapoel Tel Aviv (Isr.) 3

Group G

Malmö (Sweden) 0 AZ Alkmaar (Neth.) 0
Metalist Kharkiv (Ukr.) 4 Austria Vienna (Aus.) 1

Group H

Braga (Port.) 1 Birmingham City (England) 0
Maribor (Slovenia) 3 FC Bruges (Belgium) 4

Group I

Celtic (Scotland) 0 Atletico Madrid (Spain) 1
Rennes (France) 0 Udinese (Italy) 0

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	8	3	0	.727	331	223
N.Y. Jets	6	5	0	.545	256	241
Buffalo	5	6	0	.455	261	281
Miami	3	8	0	.273	212	206

SOUTH

	W	L	T	Pct	PF	PA
Houston	8	3	0	.727	293	179
Tennessee	6	5	0	.545	226	212
Jacksonville	3	8	0	.273	138	200
Indianapolis	0	11	0	.000	150	327

NORTH

	W	L	T	Pct	PF	PA
Baltimore	8	3	0	.727	272	182
Pittsburgh	8	3	0	.727	233	188
Cincinnati	7	4	0	.636	259	215
Cleveland	4	7	0	.364	165	216

WEST

	W	L	T	Pct	PF	PA
Oakland	7	4	0	.636	260	274
Denver	6	5	0	.545	221	260
Kansas City	4	7	0	.364	153	265
San Diego	4	7	0	.364	249	275

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	7	4	0	.636	270	225
N.Y. Giants	6	5	0	.545	252	277
Philadelphia	4	7	0	.364	257	251
Washington	4	7	0	.364	183	222

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	8	3	0	.727	362	252
Atlanta	7	4	0	.636	259	227
Tampa Bay	4	7	0	.364	199	291
Carolina	3	8	0	.273	252	305

NORTH

	W	L	T	Pct	PF	PA
Green Bay	11	0	0	1.000	382	227
Chicago	7	4	0	.636	288	232
Detroit	7	4	0	.636	316	246
Minnesota	2	9	0	.182	214	295

WEST

	W	L	T	Pct	PF	PA
San Francisco	9	2	0	.818	262	161
Seattle	4	7	0	.364	185	232
Arizona	4	7	0	.364	213	256
St. Louis	2	9	0	.182	140	270

WEEK 13

Tonight's game

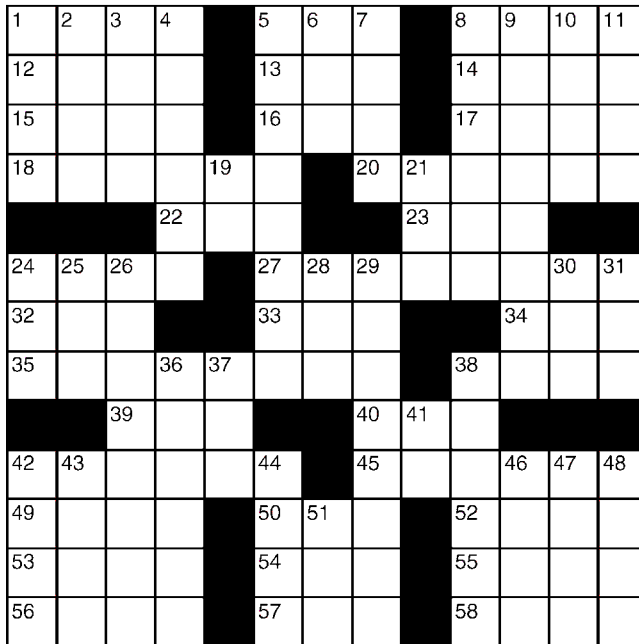
All times Eastern

Crossword

Across

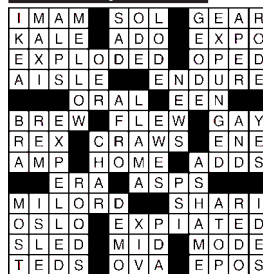
- 1 Practice boxing
5 Has permission
8 Suspend
12 Mah-jongg piece
13 Yoko of music
14 By word of mouth
15 Surmounting
16 Kvetch
17 Shrek is one
18 Fancy French cake
20 Offer as an example
22 \$ dispenser
23 Comic DeLuise
24 Light bulb measure
27 Lengthwise and contiguous
32 Hearty quaff
33 "The Matrix" role
34 "There's — in team"
35 Huge
38 Norms (Abbr.)
39 GIs' entertainers
40 Work with
42 "The — of the Shrew"
45 Finicky cat in TV ads
49 Eye layer
50 Gorilla
52 Facility
53 German city
54 PC linking system
55 Cleo's river
56 Picnic invaders
57 "Guinness Book" suffix
58 Paradise

- 1 Unescorted
2 Pocket bread
3 Greatly
4 Echo
5 Memorial building
6 Literary collection
7 Quiet exercise
8 Jinx
9 Fight
10 DEA worker
11 Jane Lynch's show
19 What @ means
21 Banned pesticide
24 Humorist
25 — Baba
26 Enveloping membrane
28 Verdi's "— giardino

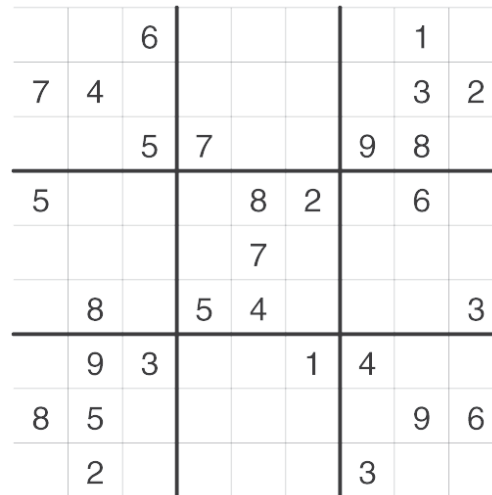


- del bello"
29 Paper
30 Affirmative action?
31 Insult (SL.)
36 Easterners
37 "Smoking or —?"
38 Tranquil
41 Therefore
42 Big brass
43 Shakespeare's river
44 Strong wind
46 Incursion
47 Wight or Man
48 Witnessed
51 — de deux

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	7	4	3	9	2	5	8	6
6	3	9	4	8	5	1	7	2
8	2	5	6	7	1	3	4	9
7	1	3	2	4	8	6	9	5
5	4	6	9	1	7	2	3	8
9	8	2	5	6	3	4	1	7
3	9	1	7	5	6	8	2	4
2	5	7	8	3	4	9	6	1
4	6	8	1	2	9	7	5	3

A look at the weather

TODAY	FRIDAY	SATURDAY
Min -7° Max 6°	Min -2° Max 0°	Min -12° Max 0°

Michele McDougall Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 5:30 AM



Today's horoscope

♈ Aries March 21-April 20 The only way you are going to realize your dream is to go your own way and do your own thing.

♉ Taurus April 21-May 21 If others try tell you that you will achieve more in the long-term by backing off, don't listen to them.

♊ Gemini May 22-June 21 Keep a sense of perspective today, especially when large sums of money could be up for grabs.

♋ Cancer June 22-July 22 Others will be very demanding over the next 24 hours. If you know what's good for you, do as they say.

♌ Leo July 23-Aug. 23 If you are unhappy with certain aspects of your life, especially work, now is the time to do something about it.

♍ Virgo Aug. 24-Sept. 22 You may have to postpone something you have been looking forward to, but you have promises to keep.

♎ Libra Sept. 23-Oct. 23 If you have been taking too much for granted on the home front, today will bring you back to earth.

♏ Scorpio Oct. 24-Nov. 22 Today, you will discover someone has deceived you. The signs were there from the beginning.

♐ Sagittarius Nov. 23-Dec. 21 Something that has been nagging at your mind for ages will suddenly make perfect sense.

♑ Capricorn Dec. 22-Jan. 20 You may need to talk tough with someone today. Let your charm smooth off the rough edges.

♒ Aquarius Jan. 21-Feb. 18 You've worked hard and are wondering when you will see a reward. Don't be so impatient. It'll come.

♓ Pisces Feb. 19-March 20 You will be proved right today. Don't make the person who was wrong feel small. **SALLY BROMPTON**

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Caption contest



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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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0%

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Outlander XLS
model shown†

2011 OUTLANDER ES \$24,448

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0% | 72

PURCHASE
FINANCING

MONTHS ON ALL
2011 OUTLANDERS[§]



RVR GT
model shown†

2011 RVR

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2.0L DOHC 16V MIVEC I4-148HP • 5-speed manual transmission

0% | 60

PURCHASE
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2011 RVRs[§]

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